DUCHESS TAKES THE PODIUM

KATE MIDDLETON STICKS TO THE SCRIPT IN HER FIRST PUBLIC SPEECH AT A CHILDREN'S HOSPICE PAGE 9

TORONTO metro®

Tuesday, March 20, 2012

News worth sharing.

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Voters keep 'orange wave' going for NDP

Toronto-Danforth. Newly elected Craig Scott will stay true to Jack Layton's vision: Olivia Chow

The New Democrats easily hung on to the late Jack Layton's riding Monday, with preliminary byelection results in Toronto-Danforth giving the NDP candidate close to 60 per cent of the vote.

The results were well in line with those suggested by polls and observers, who cited Layton's personal popularity and the riding's deep NDP roots.

NDP candidate Craig Scott, a law professor, human-rights lawyer and neophyte politician, emerged on top with the kind of voting numbers Layton enjoyed.

Layton's widow, MP Olivia Chow, was ecstatic at the result.

"It means the NDP 'orange wave' is continuing and the people in Toronto-Danforth are proud to have a member of Parliament to stand up to Stephen Harper and get their voice heard," Chow said in an interview.

Craig Scott and Olivia Chow
PAWEL DWULIT/THE CANADIAN PRESS

"I am sure Jack would have been proud of Craig Scott as a member of Parliament."

The Liberal candidate, ad executive Grant Gordon, came in a distant second with about 29 per cent of the votes cast.

The Conservatives' Andrew Keyes, who kept a low profile during the byelection campaign, garnered around five per cent of the vote, about the same level as the Greens.

It was not immediately clear how many of the 75,000 eligible voters actually cast ballots.

While the win boosts the NDP standing in the Commons to 102 seats, observers said the results would have little impact on the wider political scene.

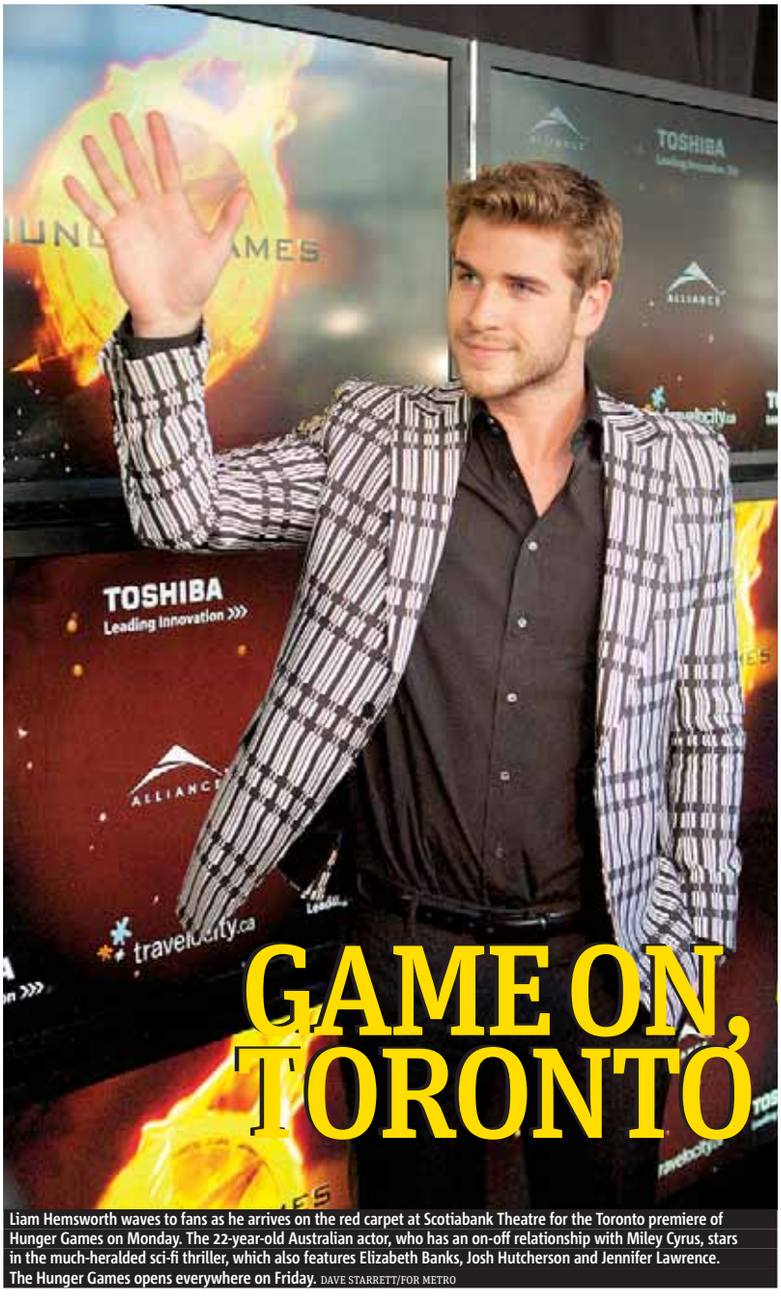
The Conservatives remain in the majority with 165 seats, the Liberals have 35, the Bloc Quebecois four seats, the Green Party one, and there's one independent.

Toronto-Danforth, just to the east of the city's downtown area, is a diverse riding, with large Greek, Chinese and other ethnic communities.

Layton, who died last August, claimed the riding from the Liberals in 2004 in a close race, but his popularity increased in the following years, and he won by huge margins.

Chow said no one can fill the shoes of another, but she called Scott a "principled and smart" man who "shared the same values" and would stay true to Layton's vision.

THE CANADIAN PRESS



GAME ON, TORONTO

Liam Hemsworth waves to fans as he arrives on the red carpet at Scotiabank Theatre for the Toronto premiere of Hunger Games on Monday. The 22-year-old Australian actor, who has an on-off relationship with Miley Cyrus, stars in the much-heralded sci-fi thriller, which also features Elizabeth Banks, Josh Hutcherson and Jennifer Lawrence. The Hunger Games opens everywhere on Friday. DAVE STARRETT/FOR METRO

Broncos have a new Man

Quarterback Peyton Manning is set to join John Elway's Broncos with hopes of winning another Super Bowl

PAGE 42

Cats can help cardio health

A heart and stroke expert says just owning little Whiskers puts people at a lower risk of cardiovascular disease

PAGE 23

Drunks and womanizers

Some of Mad Men's most self-destructive characters get advice on how to shape up this coming season

PAGE 21

Seneca

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SENECA STUDENTS CONTINUE STUDIES AT UNIVERSITY AFTER COLLEGE

George Nasim's Seneca diploma is helping him earn a bachelor's degree in short order.

The 25-year-old is a year away from receiving his Engineering degree at Lakehead University thanks to Seneca's long-standing transfer agreement with the university.

It's just one of the many agreements the College has in place that allows students to go from a diploma to a degree — and beyond.

"Many of our students choose to continue their studies at a university after completing one of our diploma programs," says Seneca President David Agnew. "Over the years, we have worked out several articulation agreements with universities across the country, so that our diplomas are recognized."

As Ontario's college leader in university pathways, Seneca has transfer agreements with universities in Canada and throughout the world, including Australia, England, South Africa and the U.S. With these agreements, students can obtain credit toward a university degree.

In George's case, he says his transition from Seneca to Lakehead was seamless.

All of his credits were accepted by the university, which is one of 12 partner institutions affiliated with the Electronics Engineering Technology – Communications program.

Through the College's agreement, George entered directly in the third year of the four-year degree program.

When he graduates next year, George is confident the combination of his engineering diploma and degree will maximize his career options.

"The sky's the limit," he says. "In five years, I have gained the hands-on experience and theoretical know-how employers value in their engineering professionals."

Peter Meehan, Chair of Liberal Arts and Academic Partnerships at Seneca, says the College's Degree and Credit Transfer Office can assist students with their plans to attend university after college.

"The College degree transfer process provides students with maximum value for the work they have already done," Peter says. "The process is designed to create pathways to allow students to move ahead and connect with their post-secondary and career-related goals."

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Rescued

Trapped woman comes out smiling

A woman who was trapped under a tractor-trailer in her Mazda car on a highway emerged smiling when she was rescued.

"It was a miraculous recovery," said Sgt. Dave Woodford with the Ontario Provincial Police.

The collision occurred around 3 p.m. Monday on the exit ramp on Hwy. 403 at Dundas St. on the Oakville-Mississauga border. It is still under investigation. TORSTAR NEWS SERVICE

St. Patrick's Day

Peel homicide a mystery

Jarvis Mascarenhas was finally setting his life in order when he was stabbed to death Sunday.

Amidst the green beer and drunken carousing that marks St. Patrick's Day, the young Brampton man was stabbed and eventually died from his wounds after an early morning altercation near the corner of Hurontario Street and Dundas Street East in Mississauga.

His death marks Peel Region's first homicide of 2012. But who did it and why remain a mystery. TORSTAR NEWS SERVICE

Food numbers

Dip in food bank use may not last, association says

A slight dip in food bank use across the province in 2011 may be short-lived, says the Ontario Association of Food Banks. Although the number of food bank users in March 2011 was down slightly from March 2010, food banks collecting data this month for next year's report say demand is up again, the association said. TORSTAR NEWS SERVICE

Striking library workers prepare for picket line

George Lancaster cuts string for strike signs at the Reference library on Yonge above Bloor. Talks with the city collapsed Sunday over the issue of job security. The union is gambling that a strike will pressure the city into protecting a greater number of workers from potential future job cuts. Under the collective agreement that expired on Dec. 31, no permanent library worker could be laid off in the event of outsourcing or technological changes.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Inside workers vote on strike mandate

Contract talks. Could join library workers on strike or locked out as early as Saturday

The City of Toronto's 23,000 inside workers vote Tuesday on whether to give their union a strike mandate amid mixed signals as to whether contract talks are going anywhere.

CUPE Local 79 put finishing touches Monday on counterproposals for all four collective agreements that cover inside workers, and were to present them to city negotiators later in the day, said CUPE spokesman Cim Nunn.

Workers could strike or be locked out as early as Saturday, potentially joining 2,300 Toronto Public Library workers who hit the bricks Monday.

Nunn said Local 79 president Tim Maguire also met "informally" Monday with city negotiators.

"It's a good sign, in that they're talking," he said.

But Deputy Mayor Doug Holyday poured cold water on any optimism, saying the 40-minute, union-triggered meeting "produced nothing."

"The union brought nine people to the table instead of their usual 29 — we had a full complement — and they asked a few questions over 40 minutes," said Holyday, who chairs the city's labour relations committee.

"There was no substantial movement."

Holyday speculated the union was embarrassed by criticism from the city that Local 79 is dragging its heels, and wanted to be able to point to a meeting when members turn up to vote Tuesday.

Nunn brushed off Holyday's criticism, saying it takes time to negotiate four contracts. He expects results of the strike vote to be released at about 10 p.m. Tuesday. TORSTAR NEWS SERVICE

Affected

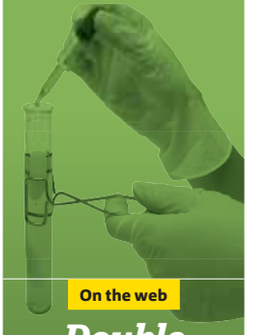
Effects of a Local 79 strike or lockout include:

- Closure of all 57 city-run daycares, community centres, museums, swimming pools and non-emergency public health programs; cancellation of permits for parks, tennis courts and sports fields; a halt to the processing of building permits and rezoning applications; and limited access to city buildings.

1 NEWS

Mobile news

The KONY2012 video may have more than 83 million views on YouTube, but a clip of Invisible Children founder Jason Russell's naked romp on a streetcorner is now taking over the web. Scan for the story.



On the web

Double helix, double bind

The state of New York will start collecting DNA samples for a permanent database from people who commit even the most minor crimes, like shoplifting or subway-turnstile jumping. Watch at metronews.ca/video

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Mild winter puts chill on seasonal businesses

The winter that wasn't. Business owners that depend on snow say the warmer weather has been a challenge

TAKARA SMALL
Metro in Toronto

This winter's mild weather may seem to be a blessing for most Toronto residents, but there are others that feel left out in the cold, despite the above-average temperatures.

One local who isn't enjoying the warm winter and the benefits it brings is Roger Mitchell. The 26-year-old is struggling to make ends meet this winter.

A former snowplough operator, Mitchell was forced to switch jobs after his hours were slashed from 30 hours a week to eight every two weeks. He's since relocated to St. Eugene, Ont., to work on a solar farm.

"It's been tough," Mitchell says. "I used to work sometimes six days a week, but I had to look for something else because I'd be lucky if I worked one shift a week. And it's not just me either, the weather is nice, but it's leaving people like me without a job."

Torontonians who usually head north to hit the slopes found less than ideal conditions and a much shorter ski season than normal for southern Ontario.

Blue Mountain, a ski resort northwest of Toronto, is just one of several businesses that have seen their revenue go downhill in recent months.

"This year was certainly a challenge in two regards: it's been an up and down winter as far as temperatures and less natural snow, so we've had a delayed start," says Blue's public relations specialist Collin Matanowitch.

The mountain, which usually opens its doors to the public in early December, did not get up and running until Dec. 21, relying on its extensive snow-making machinery, the largest in Canada, to produce the white stuff they need.

"We've had to close some runs and that's forced us to scale back our operations in March because of the conditions," Matanowitch says.

It's not just outdoor-based businesses that are suffering.

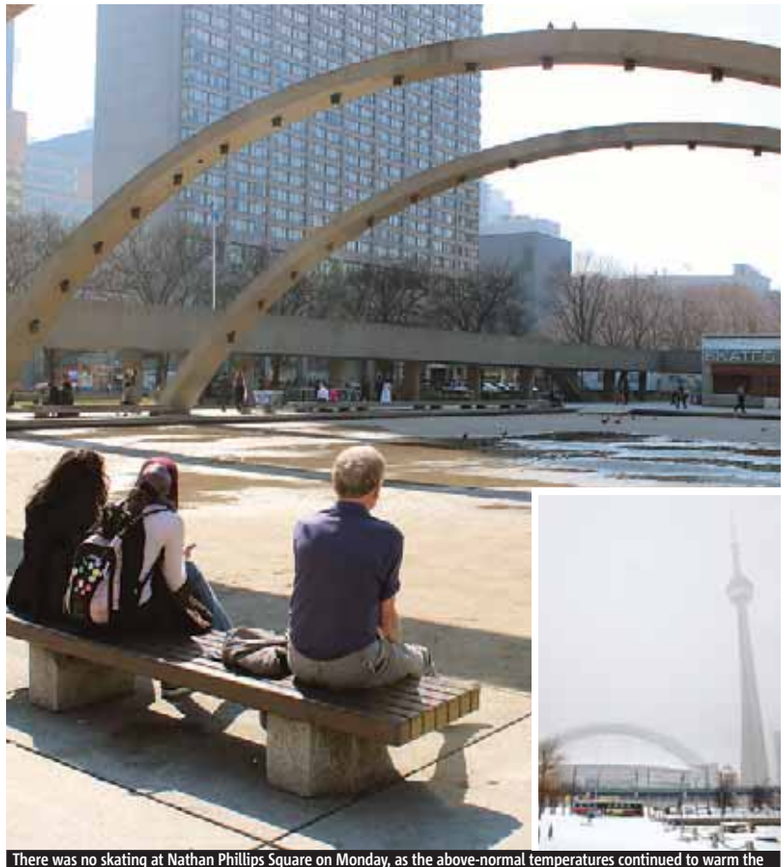
Sam Saccoia, owner of Carstar Collision in Toronto, is one of several auto-repair shops looking for income in other places because of fewer accidents due to the mild winter.

"When the business is going down you've got to get out there to bring more work to the door," said Saccoia, owner of the store on Dovercourt, which has been in business for over a decade. "A lot of people in the industry are saying it is down this year because of weather, but we're lucky we haven't really experienced the drop. We're out there fixing cars and fleets to combat any drop."

Spring's pests

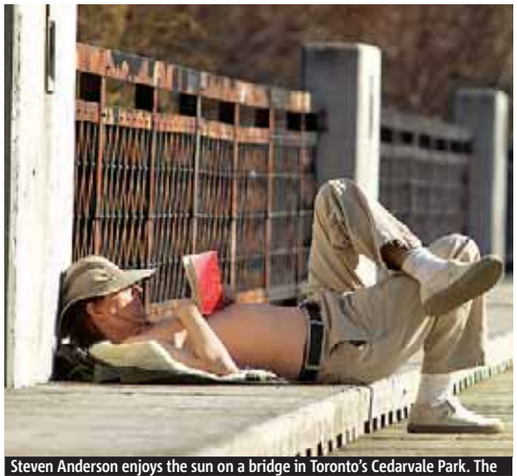
Without the deep freeze that normally goes along with winter Torontonians can expect to see more pests this spring.

- **Mosquitoes.** Without the normal winter conditions bugs may emerge from their homes earlier in the year and more plentiful since they thrive off of damp conditions (which this winter produced in spades) and stagnant water. The danger these bugs present is especially high since they carry the West Nile Virus.
- **Allergies.** Allergy sufferers may suffer through a longer season this year. The warm weather may mean flowers and plants pollinate early, spreading their runny-eyed, running-nose inducing pollen sooner than many might expect.



There was no skating at Nathan Phillips Square on Monday, as the above-normal temperatures continued to warm the city. Inset: The CN Tower and the Rogers Centre got blanketed in snow back on March 8, 2008, a typical winter storm for that time of year. TAKARA SMALL/FOR METRO TORONTO INSET: PATRICK DELL/THE CANADIAN PRESS

Warm winter saves the city millions



Steven Anderson enjoys the sun on a bridge in Toronto's Cedarvale Park. The nice weather will continue all week, but Environment Canada climatologists cite weather history and say we can't count winter out yet.
PAWEL DWULIT/THE CANADIAN PRESS

Toronto's unusually warm winter is saving City Hall millions.

Less snow and balmy winter weather conditions have left the city with an unexpected windfall. Fewer trucks on the road and fewer salt dumps means this season Toronto saved approximately $5 million, bringing the total savings in the Toronto transportation service's coffers to $20 million, city officials report.

The department's annual budget of $82 million looks after snow removal, road repair and the sweeping of local streets.

Less overtime for city workers and an agreement made in 2012 to outsource street cleanings and snow removal has also slashed expenses.

The 27 contractors the city signed to a seven-year contract in 2008 are working fewer hours, but still receive a flat rate says Peter Noehammar, Toronto's director of transportation services. They remain on standby, ensuring the streets are cleaned no matter the circumstances.

Winter savings

$5M

Amount that city officials say was saved this winter season due to fewer trucks on the road and fewer salt dumps

This also allows the city to save on vehicle maintenance because contractors are charged with keeping equipment in working order.

"In terms of contractors, they're in charge of providing equipment. That's built into costs for the standby rate," says Noehammar.

A mild winter also means fewer potholes to fix because less snowfall means less moisture forcing open cracks in the sidewalks and streets.

"If we get snow and it melts, it gets into the cracks and creates voids. This winter, we've had less of these voids because of lack of snow and warmer temperatures and so we've put more time and effort into fixing road problems in Toronto. It's a win-win," says Noehammar.

But, with the city's current money woes, could these savings help bridge the mayor's TTC gap or be used elsewhere?

Councillor Glenn De Baeremaeker, Ward 38 Scarborough Centre, isn't sure if the funds should be redirected but is open to a discussion about it.

"If this warm weather trend continues there must come a point, but I don't know what that point is, I'll leave that to the experts to decide, when we'll need to consider if we need a reserve fund that big. But until then, an emergency fund is a good thing," he says.

"Imagine if we had another snow storm and we needed to spend more money than we have to dig us out. People would criticize us for being stupid if we didn't have those funds."

The last time Toronto's transportation services went over budget was in 2008 after the city received a near-record snowfall of 200 centimetres. On average Toronto receives approximately 130 centimetres.

TAKARA SMALL/FOR METRO TORONTO

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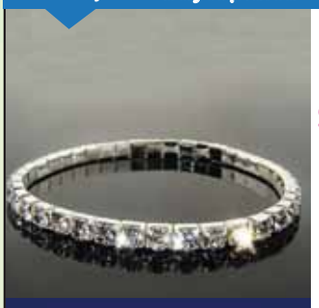

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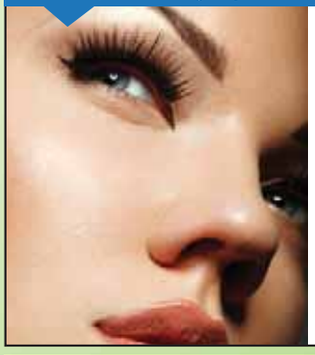

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Health agencies urge action on chronic diseases

Report. One-quarter of money province spends on health care involves avoidable mortality: Cancer Care Ontario

Two provincial health agencies are calling for hiking tobacco taxes, banning smoking on bar and restaurant patios, setting minimum prices for alcoholic beverages, and making phys-ed mandatory right through high school.

The sweeping recommendations, contained in a report from Cancer Care Ontario and Public Health Ontario for release Tuesday, are aimed at addressing the high percentage of deaths in Ontario (79 per cent) related to chronic but largely preventable illnesses. These include some cancers, cardiovascular disease, chronic respiratory disease and diabetes.

These conditions not only diminish quality of life, but threaten the future of the health system, warns an advance copy of the report.

Some of the suggestions in the report, Taking Action to Prevent Chronic Disease: Recommendations for a Healthier Ontario, will be a tough sell. They would require the buy-in, for example, of bars and restaurants that fought the smoking ban inside their premises.

The report says addressing four main risk factors would ease the burden of chronic disease: Unhealthy eating, physical inactivity, alcohol consumption and tobacco use.

TORSTAR NEWS SERVICE

Time to act

"The long-term cost trajectory of these chronic diseases on the health-care system will basically consume the province if we don't do something about it."

Dr. Vivek Goel,
president of Public Health Ontario

Grounded flights feared after repair firm gets creditor protection

Aveos and Air Canada machinists and aerospace workers hold a protest outside of Vancouver International airport in Richmond, B.C., Monday. Air Canada said it could be forced to cancel flights and strand thousands of passengers if the maintenance company that obtained creditor protection Monday is unable to complete repairs to several planes. Despite saying earlier in the day it won't be affected by the closure, the airline's lawyers argued in vain Monday for a Quebec Superior Court judge to order Aveos Fleet Performance to not lay off more workers and meet its obligations to complete the repairs. JONATHAN HAYWARD/THE CANADIAN PRESS

Bell. Cell towers in disguise

Bell Canada is bringing tree planting to a whole new level.

The telecommunications company is erecting seven "white pines on steroids" — cellphone towers designed to look like trees so that they don't stick out like sore thumbs.

Construction is expected to begin in cottage country in May. Because the towers will be under 30 metres, they won't require municipal approval.

The so-called trees are made of steel and fibre glass.

TORSTAR NEWS SERVICE

List. Sunshine coming early

Ontario will reveal the annual "sunshine list" of public servants earning $100,000 and more Friday — to get the news out ahead of next week's belt-tightening budget, sources say.

The early disclosure is designed to ensure the finance minister's budget is not buried by what insiders have dubbed "salary porn" — a yearly rite of spring when Ontarians pore over the list of tens of thousands of workers taking home six and seven figures.

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Tory ad attacks Rae's record as premier

Politics. Former NDP premier targeted for making Ontario 'welfare capital of Canada'

The federal Liberals are vowing to "fight fire with fire" in response to a new Conservative ad attacking interim Liberal leader Bob Rae that will hit television screens this week.

The ad, posted to YouTube on Monday, criticizes Rae's record when he was premier of Ontario from 1990 to 1995 — a period marked by high deficits and one of the worst recessionary periods in the province's history.

"If he couldn't run a province, why does he think he can run Canada?" says the announcer in the ad, which begins by stamping the word "failure" in red across Rae's face.

On Monday, Rae defended his record as leader of the provincial NDP and as premier, compared with the Conservatives.

"I started subways, they destroyed them; I build social housing, they destroy it; I build people up; they tear them down," Rae said. "Plus the Blue Jays won the World Series twice when I was premier."

Liberal spokesperson Daniel Lauzon said in an email that his party will be asking Canadians to contribute financially to its response to the Tory ad — a notable departure from previous policy that saw former party leaders Michael Ignatieff and Stéphane Dion largely ignore such attacks.

"The scale of that response will depend on how generous Canadians will be in our appeal to fight back," Lauzon said.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

A screen grab from a new Conservative Party ad attacking Interim Liberal Leader Bob Rae. CONSERVATIVE PARTY OF CANADA

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Heroic action. Hot-air balloon pilot saved his passengers before death

A hot air balloon pilot found a safe spot for his skydiving passengers to bail out just before a thunderstorm sucked in his craft and sent him plummeting to his death.

Searchers found the body of 63-year-old Edward Ristaino on Monday after combing the woods in south Georgia with helicopters, airplanes, horses and all-terrain vehicles. Ben Hill County Sheriff Bobby McLemore said a helicopter spotted the balloon, and searchers on the ground then found the North Carolina resident dead.

Ristaino was ferrying the five skydivers Friday night when the fast-developing storm struck. Two of the skydivers say Ristaino kept them safe by spotting a field where they could safely parachute and telling them to jump as the storm approached.

"If we would have left a minute later, we would have been sucked into the storm," said skydiver Dan Eaton of Augusta, Ga.

He said he didn't think Ristaino's choice to embark on the trip was reckless. They took off into a blue sky from a festival in Fitzgerald, Ga. From the air, they could see only a fog-like haze that later turned into a fierce thunderstorm.

At some point, authorities believe the storm's winds collapsed the balloon and twisted it into the shape of a streamer. The last time anyone heard from the pilot, he said he saw trees beneath him.

THE ASSOCIATED PRESS

Manitoba

Baby found in pile of leaves

A seven-month-old girl is fine after her mother allegedly got drunk early on St. Patrick's Day and left her in a pile of leaves near a Portage la Prairie, Man., school.

RCMP said a cyclist riding past a school at about 3:45 a.m. Saturday heard a noise that sounded like a cat. Stopping, he found a baby lying in leaves near the steps.

The baby was treated for exposure. The mother was tracked down and charged with child abandonment and failing to provide the necessities of life.

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A first speech for the Duchess of Cambridge

The Duchess of Cambridge at a tree planting ceremony during a visit to The Treehouse in Ipswich, England, on Monday. The Duchess visited to formally open The Treehouse, a children's hospice service for Suffolk and Essex. KIRSTY WIGGLESWORTH/POOL/THE ASSOCIATED PRESS

Royal visit. Kate Middleton speaks publicly for the first time at a children's hospice without hubby William by her side

There's a first time for everything, and usually a strong case of nerves to go along with it.

That goes for royalty, too.

She may be called the Duchess of Cambridge, but it was Kate Middleton who had to make a speech in front of a large crowd on Monday, made even larger by the huge media interest in her first engagement that required public speaking.

The occasion was the opening of The Treehouse, a hospice built for $4.7 million and run by East Anglia's Children's Hospices in Ipswich, England.

Kate, who was greeted by about 600 fans waving British flags, spoke slowly, often glancing down at her notes, and kept to the two-and-a-half minute script. Aides stressed that she wrote it herself.

"What you have all achieved here is extraordinary. You as a community have built The Treehouse; a group of people who have made every effort to support and help each other," she told the audience.

She recounted a visit she made to another of the charity's hospices in Milton.

"Far from being a clinical, depressing place for sick children, it was a home. Most importantly, it was a family home, a happy place of stability, support and care. It was a place of fun."

She went on to praise the staff of The Treehouse, which she described as "a lifeline" for families. TORSTAR NEWS SERVICE

A royal first

"The feelings you inspire — feelings of love and of hope — offer a chance to families to live a life they never thought could be possible."

Kate Middleton, Duchess of Cambridge, to the staff of The Treehouse.

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Sarkozy condemns attack on Jewish school

Toulouse, France.
Children, rabbi killed in front of school

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in the French city of Toulouse, killing a rabbi, his two young sons and a schoolgirl. One of the guns had also been used in other deadly motorcycle attacks in the area, officials said.

A 30-year-old rabbi and his 3-year-old and 6-year-old sons were killed just before classes started at the Ozar Hatorah school, a junior high and high school in a quiet residential neighbourhood, Toulouse Prosecutor Michel Valet said.

Another child, the 8-year-old daughter of the school principal, was also killed, school officials said. Valet said a 17-year-old boy was also seriously wounded and in the operating ward of a city hospital.

"He shot at everything he had in front of him, children and adults," Valet said. "The children were chased inside the school."

Authorities ordered increased security at schools and synagogues around the country after an attack that revolted France, where school shootings and deadly attacks on Jews are extremely rare. The third motorcycle-based slaying in the area in a week, it produced high-level uproar in Israel and drew condemnation from the U.S. government.

French prosecutors were studying possible terrorist links, but the motive for all three attacks was unclear.

News that the gun was used in attacks last week around Toulouse fueled suspicions that a serial killer is targeting French minorities, and not only Jews. The dead and injured in the earlier attacks were paratroopers of North African and Caribbean origin.

French President Nicolas Sarkozy rushed to Toulouse to visit the school with Richard Prasquier, the president of CRIF, the umbrella group representing Jewish organizations.

Sarkozy denounced "the savagery" of the attack and vowed to track down the killer or killers.

He ordered increased security at Jewish and Muslim buildings around Toulouse, while his prime minister told officials to "secure" all school and religious buildings in the entire country.

THE ASSOCIATED PRESS

Tragedy

"Barbarity, savagery, cruelty cannot win. Hate cannot win. We will find him."
Nicolas Sarkozy, French president

Students comfort each other at the Ozar Hatorah Jewish school.
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London college responds to Saturday riot

Fanshawe College president Howard Rundle talks about the Fleming Drive St. Patrick's Day riots during a Monday press conference at the college. ANGELA MULLINS/METRO LONDON

Rule change. Fanshawe code of conduct was changed three years ago so students could be sanctioned for behaviour in community, president says

Fanshawe College students convicted of criminal charges in a St. Patrick's Day riot could be expelled, president Howard Rundle said Monday.

Speaking publicly for the first time since the Saturday incident in a student neighbourhood east of the college gates, Rundle said eight students have already been suspended.

"This is unacceptable, it will not be tolerated, it will not be excused and we will not have those people as students of this college," Rundle said. "Someone who would throw a brick at someone else, someone who would start a fire … that kind of person is dangerous on our campus. We don't want them here."

Police are continuing to investigate the riot, which officials have said attracted about 1,000 people to Fleming Drive where a vehicle was torched and beer bottles were pelted at first responders.

The riot comes after college officials thought they were beginning to get a handle on problems in the largely student-populated neighbourhood.

Known as a place where parties often got out of control, it's been several years since police have been called in for mobs of people taking over the streets.

People charged

13

Number of rioters charged as of Monday. Eight are Fanshawe College students.

ANGELA MULLINS/METRO LONDON

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Chinese saying ‘bonjour’ to emigration

Via Quebec. Fluency in French seen as key to entering Canada

Thousands of people in China are trying to write their own ticket out of the country — in French.

Chinese desperate to emigrate have discovered a way into Canada that involves applying for entry via Quebec — as long as they have a good working knowledge of the language.

The province selects its own immigrants and doesn’t have any cap or backlog of applicants like the federal program does. But it requires most immigrants to demonstrate their knowledge of French.

So while learning French as a second language is losing ground in many parts of the world — even as Mandarin classes proliferate because of China’s rise on the international stage — many Chinese are busy learning how to say, “Bonjour, je m’appelle ...”

Yin Shanshan checks her textbook during a French course in Tianjin, China.

ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Yin Shanshan said the French class she takes in the port city of Tianjin near Beijing even includes primers on Quebec’s history and its geography, including the names of suburbs around Montreal.

“My French class is a lot of fun,” the 25-year-old said. “So far, I can say ‘My name is ... I come from ... I live at’” and, getting straight to the business of settling down in the province: “I would like to rent a medium-sized, one-bedroom flat.’”

Immigration agencies in Beijing started pushing this program over the past year, telling people, “this is the only way out, there’s no other way,” said Quebec-based immigration consultant Joyce Li.

These immigrants must commit to living in Quebec in their application, but once in Canada they have the right to move elsewhere in the country, which many do, she said.

Despite China’s growing prosperity and clout, more and more of its citizens are rushing to the exits, eager to provide better education prospects for their children and escape from their country’s long-standing problems, including hazardous pollution and contaminated food.

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Apple breaks open its $98B piggy bank

Reward. Company will pay a quarterly dividend of $2.65 per share, starting July 1

Thirty-six years after its founding, Apple Inc. is finally loosening up its purse strings to reward shareholders by instituting a dividend and share buyback program.

Apple sits on $97.6 billion US in cash and securities. For years, Steve Jobs resisted calls to reward shareholders with some of that money, saying it was better used to give Apple manoeuvring room, for instance by giving it the ability to buy other companies.

The quarterly dividend of $2.65 per share works out to $10.60 annually, or 1.8 per cent of the current stock price. That annual yield — how much the company pays out in dividends compared to its stock price — is below that of other big technology companies like Microsoft Corp., at 2.5 per cent, and Hewlett-Packard Co., at 2 per cent.

However, in absolute terms, Apple will pay one of the richest dividends in the U.S. It will spend more than $10 billion on dividends in its first year, placing it just below companies such as AT&T and Verizon Communications.

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USA

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Departs Mar 23/nol/ts.

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CRUISE roundtrip Tampa and visit Grand Cayman and Cozumel. Sails Apr 30/ccl. UPGRADE to oceanview stateroom for $18 per night.

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READ BETWEEN THE LINES

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Girls have a lot of things to say; I think the countless S–t Girls Say video parodies are proving that point ad nauseum. But more often than not (read: all the time) a lot of men don't realize the very subtle way in which the words that come out of our mouths are actually completely different from the intention behind them.

In an effort to clear up some of the confusion, I've created a little decoder to help understand the meaning behind some common female phrases. A She Says column on the things she says. Clever, right?

Read on and be sure not to take any of this too seriously.

"I'm fine."
Wow, she is totally NOT fine. She couldn't be further from fine. If a girl is doing well, she doesn't say "fine." She'll use words like "great," "good" and, if she's particularly enthusiastic, "amazing." Saying "I'm fine" is just a passive-aggressive technique we use to let you know that something's wrong and that it's more than likely your fault. See also: "It's fine" and "We're fine."

Girlfriend wants to bail

"...she is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants."

"I really like that guy's hair."
You need a haircut.

"Did you still want to meet up tonight?"
If a girl actually wants to go out on the town, she'll pose the question, "Where are we meeting?" If she wants to subtly hint at the fact that she would like to bail on you, she'll use this phrase. In reality, she has no desire to leave her house; she is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants.

"I have a lot of guy friends."
Because other women can't stand her. She'll tell you she hates drama, but in reality it probably has more to do with her inability to get along with other females. Famous women who have uttered this phrase include The Bachelor's latest she-villain Courtney Robertson and Angelina "Husband stealing" Jolie.

"I don't understand what the big deal is about Ryan Gosling."
Fact: Nobody is more charming than Ryan Gosling. It's sweet that your girl might try to protect your ego by feigning indifference toward this ridiculously handsome movie star, but she's lying to you. Want proof? Check out this thing called the "Internet" and see just how vast the Gosling fangirl universe really is.

"I'm not mad, I'm just disappointed."
But also she's super mad.

Mirror, mirror, in the woods

ROB MULHOLLAND/REX FEATURES

Part of the scenery

'Invisible' people spotted in forest

"Invisible" figures that appear to blend into the environment have been spotted in Scottish woodland. No, it's not something paranormal — it's an art installation. Rob Mulholland's series of six mirrored figures reflect the images of their environs to give the invisibility illusion. **MWN**

'A visible metaphor'

Rob Mulholland with a figure.

Reflecting the past

What inspired your art?
I first did some mirrored foxes as a visible metaphor of their elusiveness. I took that idea to the next level and used figures of people.

What's so special about the woodland in the Trossachs?
I discovered that after World War I much of this area was depopulated to accommodate an in-demand timber industry. These figures are meant to echo the past settlements of people that once lived here.

People say these figures look like the "invisible" alien life forms in the Predator movies? Were they inspiration?
Not at all! It's pure accident they look the same. At first I never saw the similarity. Sometimes as an artist you're stuck in a bubble and you can't see the wood for the trees!

ANTHONY JOHNSTON/MWN

Weird news

'Sneaker heads' wait for latest shoe to drop

They are lined up in the freezing rain, waiting patiently, stubbornly. All night. All for a few pairs of shoes.

It's all part of the life of "sneakerheads," people who spend hundreds, even thousands of dollars on shoes, many of which carry the name of professional basketball stars, past and present.

Chicagoans proudly point out that it started here with Michael Jordan and his Nike Air Jordan brand.

In the 1990s, many fledgling sneakerheads used to scrape together whatever money they had and then cut class to buy the latest pair of Jordans. Back then, reports occasionally surfaced, telling of people who were mugged for their shoes.

That fervour is growing again, fuelled by online social networking and shoemakers.

THE ASSOCIATED PRESS

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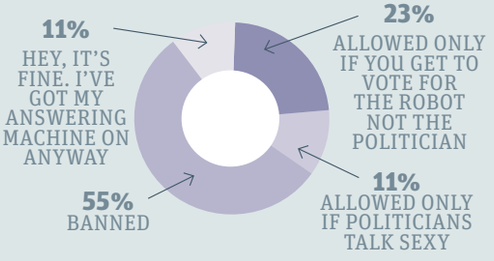
11%
HEY, IT'S FINE. I'VE GOT MY ANSWERING MACHINE ON ANYWAY
23%
ALLOWED ONLY IF YOU GET TO VOTE FOR THE ROBOT NOT THE POLITICIAN
55%
BANNED
11%
ALLOWED ONLY IF POLITICIANS TALK SEXY

Twitter

@dmrider
I know it's byelection day here in Toronto-Danforth 'cause a robocall just told me my voting site has been moved to Anchorage, Alaska.

@tomthepro
I've never seen so many election scrutineers on the street before! #byelectionmadness #cdnpoli #tordan

@joel_TO
Rob Ford's urgency to get "shovels in the ground" on Sheppard belies the fact that you'd have to take a year to re-do the EA first. #topoli

@MattyDBeGood
did not see leafs jersey in #nhl playoffs commercial #nolove #leafs #toronto #mapleleafs

@andrewcoimbra
Lakeshore West: the new/booming residential gay area in #Toronto ? I think so.

metro

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2
SCENE

Scene in brief

Beyoncé gets back to work

Beyoncé is set to return to the stage for the first time since giving birth to daughter Blue Ivy. The Grammy winner will perform three concerts in New Jersey in May at Atlantic City's Revel Resorts. Revel said Monday that the shows will be held over Memorial Day weekend for the premiere of the $2.4-billion resort. Beyoncé gave birth to her first child in January with husband and rapper Jay-Z. Tickets for the May 25 through May 27 concerts go on sale April 6. Beyoncé will perform in the Ovation Hall, which has 5,050 seats.
THE ASSOCIATED PRESS

On the web

R.J. Smith paints a complex portrait of James Brown in The One.

Fight scenes deliver a knockout punch

The Raid. Film's writer-director sets a new standard for big-screen showdowns with his use of a little known Indonesian martial art style

TODD GILCHRIST
Metro World News in Hollywood

After decades of action movies and ass-kicking opuses from all across the globe, it's rare for audiences today to see something that truly knocks them out, much less that's original.

But Gareth Evans' The Raid: Redemption has set a new standard for the creative ways in which filmmakers can stage big-screen showdowns — in terms of technique, quality and even quantity.

No movie since the last Matrix installment has featured so many people fighting so furiously all at once, over and over.

If you ask the writer-director how he arrived at that style as opposed to more familiar forms of fisticuffs, however, Evans says he was primarily interested in introducing the world to the Indonesian form of martial arts known as silat, even as he constructed his brilliantly straightforward tale of a group of SWAT team members trying to fight their way out of a drug dealer's fortress-like tenement building.

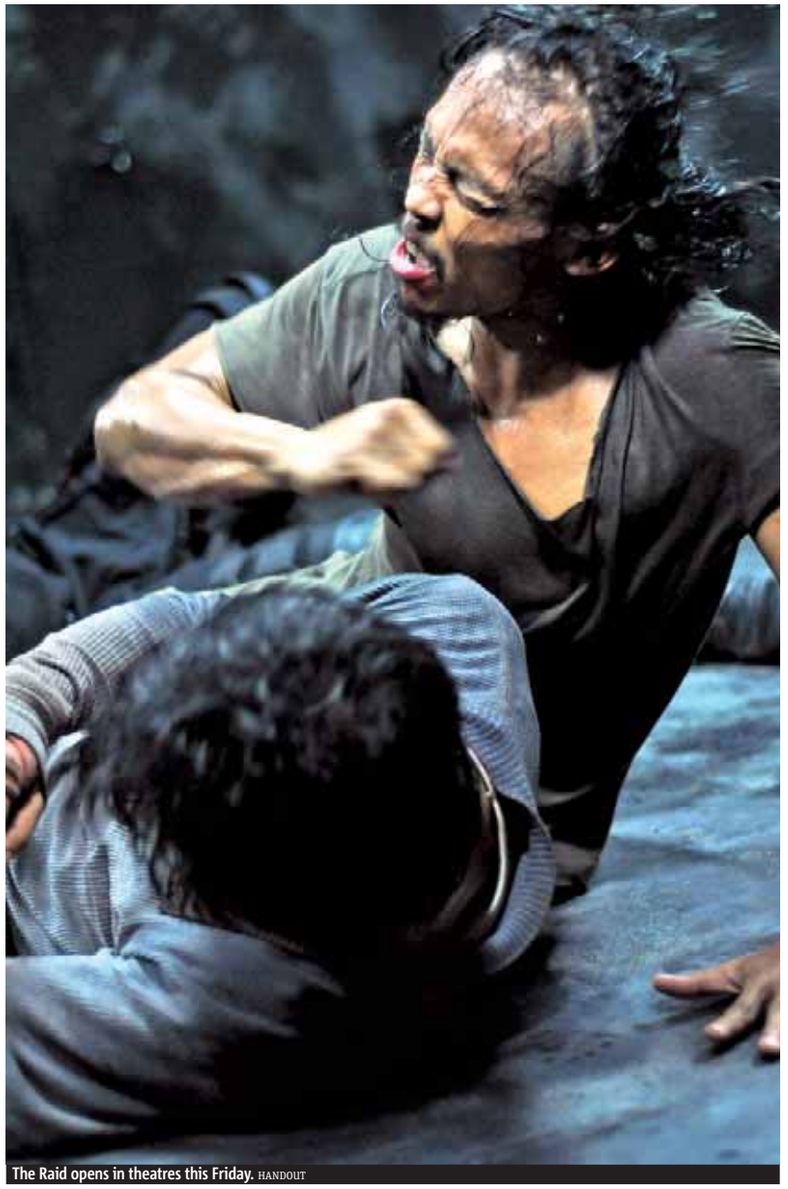
"In terms of Indonesia, we're still in our infancy when it comes to action films," Evans says.

"We're huge fans of action cinema from America, from Hong Kong, from Thailand, but we're very aware of the fact that we can't replicate those.

"So we needed to create this style of fighting — and screen fighting — which doesn't feel like it existed that much before."

While other movies have embraced the absurdity of the choreography to create larger-than-life sequences, Evans said he wanted his fights to function realistically, even if he concedes that they're a lot longer than his heroes could possibly endure.

"Every movement has to feel like it's grounded in reality," the filmmaker explained.



The Raid opens in theatres this Friday. HANDOUT

Fighting to get noticed

"In terms of Indonesia, we're still in our infancy when it comes to action films."
Gareth Evans, The Raid director and writer, about the fighting style in his new film.

"So even though the duration of the fight is the exaggerated part of it, all of the movements feel real. And you get that feeling when you watch the film that if you studied that martial art too, you could do all of the movements as well."

The film's red-hot reception at film festivals over the past several months inspired its distributor, Sony Pictures Classics, to bankroll not one but two more movies in the series.

But even with stateside studios knocking down his door, Evans said he's happier to keep fighting for his own ideas than taking a victory lap using someone else's.

"In terms of Hollywood, I'm not interested really in major big-budget stuff," he revealed.

"My love is for the type of film that I can feel passionately about in every page of the script and every line of dialogue.

"The most ideal situation for me is to find that one person that's going to support me to make the film that I want to make.

"I definitely want to make movies out here," he added. "But it's got to be the right film, and the right circumstances too."

DVD reviews

The Girl with the Dragon Tattoo

Director. David Fincher

Stars. Daniel Craig, Rooney Mara

●●●○○

Is David Fincher's tattooed Girl, this time with Rooney Mara instead of Noomi Rapace as the ruthless, messed-up computer hacker, any better than the Swedish original? Does it matter?

Dirtier, more violent and marginally more complicated than its Scandinavian forebear, Fincher's stab at Stieg Larsson's first Millennium trilogy novel manages to stand on its own merits.

While the pace is slow and there are some flat performances (particularly by Craig), there remain two reasons to drag out the Dragon Tattoo gun again: the incendiary performance of Oscar-nominated Mara, and the score by Trent Reznor and Atticus Ross. It's another improvement from the original film that helps build the dire mood.

Tinker Tailor Soldier Spy

Director. Tomas Alfredson

Stars. Gary Oldman, Colin Firth

●●●●○

"Nothing is genuine anymore," a character sighs in Tinker Tailor Soldier Spy, but he couldn't be more wrong.

This film is the real deal, set in pre-digital 1970s. Based on the bestselling 1974 John le Carré novel, which also spawned a memorable 1979 TV miniseries, it's a movie of chain smokers and whisperers, of rattling tea cups and rotary-dialed telephones.

Oscar-nommed Gary Oldman brilliantly assumes the role of stone-faced George Smiley, an ex-British Secret Service man brought out of retirement to search for a Soviet mole who has infiltrated the MI6. Tinker Tailor Soldier Spy is not just a movie about intelligence, it's an intelligent movie.
PETER HOWELL

Telenova nights: reigning king of laughter goes Latin

Ferrell fever. The SNL stars speaks to Metro about becoming a man, Burgundy and, of course, his bum

MEREDITH ENGEL
Metro World News in Hollywood

For the duration of his new movie, Casa de Mi Padre, Will Ferrell speaks only in Spanish — the entire movie is subtitled. Fittingly clad in a powder blue country Western shirt ("It's got a little bit of a Dallas Cowboy cheerleader feel to it," he says), he spoke with us about his career, his kids and his famous rear end.

You have a nude scene in this film, and this is the second time that you're showing moviegoers your butt. What is it about your tush that you think audiences can't get enough of?
Honestly, I just was serving the script, No. 1. But No. 2, I think it's a funny-looking butt. It's a comedy butt. It was just a great opportunity to make fun of the stereotypical passion scene. Also, on a deeper level, we're so body-image conscious — why not show that we all have normal-looking bodies? It's kind of a way to just go, it's not that big a deal.

Funny fanny

"I think it's a funny-looking butt. It's a comedy butt. It was just a great opportunity to make fun of the stereotypical passion scene."
Will Ferrell regarding his rear end, displayed in a love scene in Casa de Mi Padre.

Your character, Armando, steps out of the shadows and finds his machismo in this film. Can you pinpoint a time in your life when you really came into your own?
I think if you're doing comedy, I don't know if you ever really reach that feeling of like, "I've got it down." I think there's always a place of fear within you where you're like, "God, I hope this works." Getting on Saturday Night Live maybe was a little moment of that, but then you have to prove yourself on Saturday Night Live. Then you leave the show and you test your waters in the movie world, and this business is getting harder and harder.

This movie is being described as Anchorman-meets-telenovela. How would Ron Burgundy fare in this world?
Probably horribly, because there's no way Burgundy knows any other languages. He'd pretend that he knows Spanish and just immediately get in some awkward, horrible, compromising position where he gets shot. Yeah, I don't think he'd do well.

Super skilled

In this film, you speak Spanish, you ride a horse and you play the trumpet. What other special skills do you have that audiences don't know about?

- That was not me [on the horse]. A couple times it was, where it slowly walked away, but any sort of big riding [wasn't]. But it looks good! That was me mimicking playing the trumpet. I can juggle knives, that's pretty cool.

Will Ferrell, left, as Armando Alvarez in Casa de Mi Padre HANDOUT

Titanic twin? Downton Abbey is not headed toward an iceberg: Roache

Linus Roache as Earl of Manton and Geraldine Somerville as Louisa, Countess of Manton in Downton Abbey. HANDOUT

Comparisons to other historical productions are inevitable for the ambitious four-part TV series Titanic, notes star Linus Roache.

And between the epic James Cameron blockbuster, due for re-release next month in 3D, and the Edwardian TV smash Downton Abbey, which draws various plots from the liner's sinking, there are plenty of analogies to be made — and dispelled.

Roache is particularly dismissive of media references to his disaster tale as Downton at sea — a reference to the fact Titanic was written by Downton Abbey creator Julian Fellowes and similarly charts a multitude of storylines that cross various social strata.

"Well, everybody is going to do that because it's Julian Fellowes and you know, obviously he writes extremely well for big ensemble casts and he writes very well for this sort of upstairs-downstairs class divide," Roache says in a recent phone interview from his home in Lenox, Mass. "But this I would say is very different from Downton Abbey because Downton Abbey is not headed toward an iceberg where everybody's lives are at risk. At the same time as being a period drama, it's also a kind of an epic disaster movie."

It's tempting, too, to compare the sprawling Canadian-Hungarian-British co-production to Cameron's box office juggernaut Titanic but Roache says his TV version differs by navigating "the story of the whole ship and not just one main love story."

A cruising character study

"Each night you revisit the stories and you pick up on different characters and you also sort of see some of the same scenes from different perspectives."
Actor Linus Roache on Downton Abbey

Roache also points to a unique narrative structure in which each episode revisits the tragic sinking several times, from different points of view.

"Each night you revisit the stories and you pick up on different characters and you also sort of see some of the same scenes from different perspectives." explains Roache, best known for TV's Law & Order: Special Victims Unit and Law & Order. So by the end of the four nights you've really gone on quite a journey of all of these characters."

THE CANADIAN PRESS

Don't take this advice to heart

Reading. New book features contributions from plenty of well-known comedians

DOROTHY ROBINSON
MWN in New York

Even the co-editor behind Care to Make Love in That Gross Little Space Between Cars? — The Believer magazine's new collection of advice from famous comedy writers, actors, producers and directors — knows to never, ever trust what's in the pages of the book.

"I don't think anyone should take this to heart," says co-editor Mike Sacks drolly.

"It is all meant as a gag; most of the advice is not particularly good. But it's very funny."

And it should be. From a crotchety Louis C.K. offering guidance on whether or not to grow a mustache to Nick Hornby sharing his best song to make love to, Care to Make Love in That Gross Little Space Between Cars? is a compendium of the best and brightest of the comedy and writing worlds. But Sacks says that just because someone with a famous name was asked to contribute to the collection, it doesn't mean their submission is actually in the book.

"We cut some pretty famous writers and performers," claims Sacks, who declined to name names. "I was surprised. Many writers are great at what they do, but they can't do this form of humour."

No cancer jokes, please

- Editors Mike Sacks and Eric Spitznagel were in charge of gathering the book's advice-seeking questions. It wasn't easy. "It has to be a certain type of question," claims Sacks. "It can't be, 'My mom just died of cancer — can you help me?' We needed questions that weren't too personal." Luckily, they received plenty of contributions. "A lot of people want Zach Galifianakis or Dave Eggers to answer their questions. It's fun for them, too."

One who could? Author and essayist George Saunders.

"His mind is so amazing," praises Sacks. "Just by answering a few questions, you can see why he's so good," he continues. "He's the one who came up with the title, Care to Make Love in That Gross Little Space Between Cars? It was in one of his answers and we just used it for the title because it was so perfect."

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Gavin McInnes on living a life of Vice

Memoir. Co-founder of Vice Magazine talks about the wild tales in his autobiography

JIM FENNER
Metro World News in New York

Interviewing a guy like Gavin McInnes after reading a memoir like his How to Piss in Public comes across as a sort of inside-out St.-Peter-At-The-Pearly-Gates scenario. Having just been privy to 250-plus pages of ragers, fights, chases, cons, and a whole lot of detailed sex, the accused stands before you to earnestly reassure that everything you just read was an absolutely true, if somewhat abbreviated, recounting of a rogue's life. The ordained Godfather of Hipsters, McInnes has been at turns a rock star, a magazine mogul, a viral video entrepreneur, a botfly babysitter, a tundra foreman, and most recently, a daddy. Now, he adds author to his docket.

How do you feel having all of this put down in a book?
I feel pretty good about it. The great thing about working so hard on something like that is when people say it sucks, you just go "Oh, well." I've got a lot of sort of prudish, PC people saying it was disgusting and too outrageous, and the beauty of an autobiography is that you can go "Uh, sorry... that happened!"

The stories are pretty wild. At one point, you even offer $1,000 to anyone who can back up claims that anything you said in the book is fabricated.
James Frye and all those guys ruined memoirs a little bit because they lied, so, I don't want you to be reading with one eyebrow cocked going, "Yeah, right."

Did factors like that make memoir a hard medium to write in?
There's a rut with memoirs. Not rut... a temptation. You're tempted to indulge yourself and set the record straight on things, you know, Lenny Bruce was obsessed with that. You want to get defensive. But I just cut that out, because I'm not here to sell myself or defend myself. I just have to tell the story and keep it funny.

How would you sum up the book?
Well, I went out to make a funny book, it was for maximum laughs, and I realized later it was an inspirational instruction how-to guide on carpe-ing the diem.

Life lessons

- **What McInnes hopes his son learns if someday he reads his book: "I would hope that he pick up on the entrepreneurial stuff.** When you compare yourself to yourself, you're a loser, but when you compare yourself to others, you're unstoppable."

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'Original guido'

Jersey Shore will return for Season 6

THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the cast being pulled in a myriad of directions (The Pauly D Project and Snooki and JWOWW vs. the World, to name two spin-off shows), apparently all of the cast members have time for the OG — that's "Original Guido" — Jersey Shore.

It was announced yesterday that production for the sixth season of the show is set to begin this summer in Seaside Heights, N.J.

"America's favourite housemates will all return to their home-away-from-home, and the house dynamic is headed into unchartered territory … as their lives outside the Shore take off in exciting new directions," MTV said in a press release.

"While things will definitely be a little different this time when they hit the boardwalk, their trademark hilarity and family dysfunction will remain the same."

A sixth season? Talk about beating a dead meatball, MTV. But I'm sure they'll still get the audience, if only rubbernecker who are

Jersey Shore is making the most out of Snooki's pregnancy, teasing the new season with the tag line, "fist pumps and baby bumps." ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris O'Dowd admires Megan Fox for calling it like she sees it

While her public feud with Michael Bay might have cost her a role in the last Transformers film, Megan Fox earned at least one new supporter: her Friends with Kids co-star, Chris O'Dowd.

"Who wouldn't have a fallout with [Bay]?" O'Dowd tells the Toronto Sun. "It's one of the sexist things I've ever seen. She called him an a--hole. Well, he is a f---ing a--hole. She's not the only one who has said that. Why has she been singled out?"

One difference between Fox and O'Dowd, though? O'Dowd wouldn't work with Bay in the first place. "I would never f---ing watch his films, never mind go and act in them," he says.

Chris O'Dowd

Megan Fox

Paltrow writes her own cookbooks, OK?

Gwyneth Paltrow is taking the New York Times for task over reporting that she'd worked with a ghostwriter for My Father's Daughter, a cookbook she released last year.

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself," Paltrow posted to Twitter in response to an article that named Julia Turshen as the book's uncredited collaborator.

The article even stated that Turshen is "writing a second cookbook with Gwyneth Paltrow after their collaboration on My Father's Daughter."

Tweeting the record straight

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself."
Gwyneth Paltrow

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Government of Canada Gouvernement du Canada

NEXT PHASE OF CANADA'S ECONOMIC ACTION PLAN

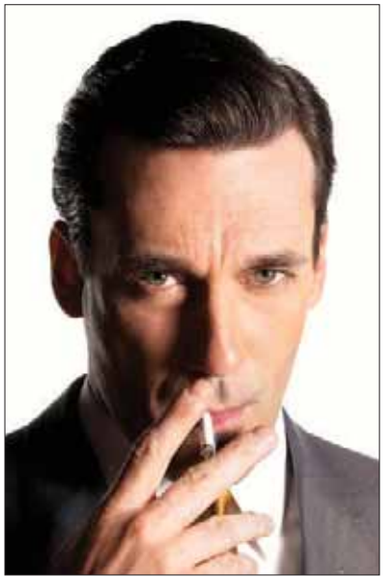
Canada

The fifth season of Mad Men debuts in the U.S. on March 25, so prepare yourself for more shameless behaviour. Our hero's a drunk, his boss is a womanizer and the women have issues, too. Here's our self-help advice for our favourite characters — apply if necessary.

ROMINA MCGUINNESS
life@metronews.ca

Analyzing the Mad in Men

Don Draper



VICES
Draper, head of creative at the ad agency, blocks out his past and his feelings. He smokes, drinks and has many lovers and cheats.

SOLUTION
"Smoking, drinking and having indiscriminate sex are all mind numbing activities and ways for Don Draper to ignore his history," says psychotherapist Jonathan Alpert, author of the self help book Be Fearless. "They serve as a distraction from the real issue: himself."

The more he indulges, the less he has to deal with.

"Draper needs to spend less time thinking the world owes him and more time trying to understand his past. He also needs to find a female role model to make up for his tumultuous past that was absent of one."

Joan Harris

VICES
Office manager Joan loves bad boys, sex and tight dresses. She comes across as sassy and bold but inside, she's vulnerable and afraid of ending up alone. She is pregnant with her ex lover's child (former boss Roger Sterling) but tells her husband it's his.

SOLUTION
"Instead of using her body as a means to get things, she should try using her mind," says Alpert. "By relying on her body to leverage what she wants people only get to know her in that way."

Roger Sterling

VICES
Multiple heart attacks haven't slowed down Sterling's (very) heavy smoking and drinking. He believes every problem can be solved with or over a drink. He has a penchant for younger women and still has feelings for his ex girlfriend, Joan Harris.

SOLUTION
Sterling has a grand sense of entitlement. "He's been handed everything and as a result he's become an adult version of a spoiled brat," says Alpert.

Roger should ask himself: who am I, if not a wealthy ad agency owner?

Peggy Olsen

VICES
Workaholic Peggy is desperately striving for professional recognition in a male-dominated world.

She's had a baby out of wedlock after an affair with a married man. Her denial of the pregnancy was so intense she was unaware of her condition until she went into labor.

SOLUTION
"Peggy Olsen compensates for her apparent insecurities by throwing herself into work," says Alpert.

"This distracts her from the real problem: her inability to be intimate and deal with lingering issues of guilt around sex and religion," he adds.

When it comes to sex, Peggy might think, 'How can something that feels so good be so wrong?' To break this cycle of guilt, Alpert believes she needs to define who she is.

You want to get ...

Christina Hendricks' hourglass figure

Quote

"Some people need someone to hold them accountable, others need someone to keep them engaged. If you find someone who is dependable, pleasant to be around and has the same attitude vis-a-vis exercise then it's more fun..." Gunnar Peterson, personal trainer

She doesn't stress over her weight and just goes with the flow
"Weight is arbitrary. Go by feel. Work on being honest and analytical as opposed to critical when it comes to your body," says Gunnar Peterson, a personal trainer.

If you stick with your food and exercise plan, you'll eventually get to where you need to be."

She works out with her husband
"Some people need someone to hold them accountable, others need someone to keep them engaged.

If you find someone who is dependable, pleasant to be around and has the same attitude vis-a-vis exercise then it's more fun for the relationship."

She breaks every food rule
"Indulging from time to time keeps the resentment at bay as well as de-emphasizing the food that you're indulging in. Your diet can vary but when you find something that works nutritionally as well as leaves you feeling good, you can stick with it until you burn out on it."

Gunnar Peterson is personal trainer to J. Lo and Kim Kardashian, so he knows about curves. HANDOUT

3 LIFE

Vegetables

Hot potato

The Kohlrabi looks like a potato, but it's not. This root vegetable is part of the brassica family that also includes kale, broccoli and cauliflower. Thick and fibrous, it's the perfect addition to hearty dishes.

Lawsuit

Plastic surgery

French actress Emmanuelle Béart, whose face is distorted from too many operations, launched an open attack against blotched plastic surgery. Just get old!

On the web

Is 'pink slime' in your burger? You may not know until it's in your mouth — or ever

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North York: 5511 Yonge St., Suite 2A (Finch Subway Stn)
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Unintended positive effects

Vaccine in children working too well.

Pneumococcal vaccine in children also driving strains out of adults patients

Can a vaccine work too well?

For an individual, probably not. But for the makers of newer pneumococcal vaccines that were first marketed for kids but which are now being aimed at older adults, it may turn out that the answer is actually yes.

There has been a large spillover effect in adults from the use of these vaccines in children, studies show. So large, in fact, that adults appear to be getting the benefits of the vaccines without having been vaccinated — a bonus that may actually undermine the efforts of one manufacturer, Pfizer, to promote widespread use of its pneumococcal vaccine in older adults.

Quote

"It may have worked too well in children to make it necessary in adults. It's quite possible."

Dr. Jeffrey Duchin
Head of the communicable disease epidemiology and immunization section of Seattle and King County Public Health

"It may have worked too well in children to make it necessary in adults. It's quite possible," admits Dr. Jeffrey Duchin, head of the communicable disease epidemiology and immunization section of Seattle and King County Public Health Department and a professor in the school of public health at the University of Washington.

THE CANADIAN PRESS

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Best Health

What works; what doesn't

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health magazine is full of the bottom-line truth about everyday health and wellness questions. Here are two from the March/April issue of Best Health:

Are energy drinks a good source of energy?
No. Despite their exotic-sounding ingredients — including herbs, amino acids and other natural compounds with purported health benefits — often what you're also getting is a lot of sugar and caffeine.

Yes, as a source of calories, sugar technically provides energy, and caffeine does give a temporary boost (it increases alertness and revs up the body's energy systems).

But nutritionists agree there are better ways to keep up your energy supply. Eat a balanced diet, exercise regularly and get enough sleep.

Do manual toothbrushes clean just as well as electric ones?
No. Do your teeth a favour and try an electric toothbrush.

They remove more plaque.

A review of studies involving nearly 4,000 women and men found that an electric toothbrush with bristles that rotate in alternating directions removed 11 per cent more plaque and reduced gum disease six per cent more than manual brushes. (Neither manual nor electric brushes were found to harm the gums.)

Of course, any kind of brushing, plus flossing, is a good thing.

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Already known for being cute and (mostly) cuddly, cats are now linked to reducing stress. ISTOCK PHOTOS

Good health linked to cat ownership

New study shows frisky felines reduce risk of disease. And people who get cats may suffer less stress, too

CELIA MILNE
life@metronews.ca

People with cats have fewer heart attacks.

While this seems to be true, reports that the purring of cats can calm the human heart are probably exaggerated. That story was widely reported last week.

Metro interviewed Dr. Adnan Qureshi from the Stroke Research Center at the University of Minnesota to find out if owning a cat has health benefits. He is a leading expert on the effects owning a pet may have on cardiovascular health.

Quote

"Cat ownership, unlike other medical interventions available, has minimal risk..."

Dr. Adnan Qureshi
Stroke Research Center at the University of Minnesota

"Cat ownership, unlike other medical interventions available, has minimal risk and may be a novel strategy for reducing the risk of heart disease in high-risk people," he says.

A few years ago, Qureshi and colleagues conducted a study of 4,435 people, 55 per cent of whom had cats. They followed the group for an average of 20 years to see what happened to them, health-wise.

They found a significantly lower risk of death from heart attack, stroke and all cardiovascular diseases in people with cats, even after factoring in age, gender, ethnicity, blood pressure, cigarette smoking, diabetes, cholesterol and body mass. It is thought that owning a cat reduces stress. But perhaps there is something more calm about the type of people who buy cats.

"Does owning a cat directly reduce the risk of heart disease or do people who own cats have personality traits that are protective against heart disease?" he asks.

As for the theory that the purring of cats is what prevents heart attacks in humans, Qureshi is underwhelmed.

"Good question (which) needs to be answered," he says.

Thoughts on...

Forgiveness for you and others

Have you ever felt that someone did something to you, something that hurt you so badly that you could never forgive them? Of course you have. There isn't a single person on this planet who hasn't suffered the inappropriate and careless actions of another.

In refusing to forgive old hurts, you live with them in the present.

A part of you may wonder, How can I ever forgive what they did to me? Just remember, forgiveness of the person does not imply permission to abuse or hurt you again but about restoring your own sense of well being and peace.

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planned parenthood TORONTO

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Lunch, art and heart all mix and mingle at The Rustic Owl

Veg Chili ($6.90) and 5-Bean Burrito ($8.10). STEPHANIE DICKISON

LUNCH RUSH
Stephanie Dickison
food@metronews.ca

The Rustic Owl is a peaceful respite from the usual hurried lunch.

Part café, part art gallery, the wide open space with mint-coloured chairs and slim tables gives way to local art and allows you to sneak in a wholesome bite.

On the day I visit, the menu includes sandwiches, chili and baked goods (it changes often).

The owner works the cash and does lunch and coffee orders, so there's a wait. But luckily, there's a whole back room of art awaiting you.

I discover the bowl of Veg Chili ($6.90), and 5-bean Burrito ($8.10) with salad, which happen to have the same filling — one in a bowl, one wrapped in a tortilla.

The thick paste concoction is hearty and slightly peppery, but needs some crunch to liven it up.

There is real heart here — from the hand-drawn owls on the cups to the stellar artwork.

So sneak in some art on your lunch hour.

Visiting the restaurant

The Rustic Owl Café & Gallery

Address. 993 Bloor St. W. (near Dovercourt Rd.)

Phone number. 416-466-9651

Website. rusticowl.tumblr.com

Rating. 3.5/5

Client negotiations. No

Lunch with co-workers. No

Social lunch. Yes

Reservations. Yes

Licensed. Yes

Time in. 1:03 p.m.

Time out. 2:25 p.m.

Veggie Sloppy Joes. Go meatless for dinner with this twist on a favourite

Ingredients

6 portions

- 1 pkg (340 g) veggie ground round
- 1 onion, chopped
- 1 clove garlic, minced
- 250 ml (1 cup) ketchup
- 250 ml (1 cup) barbecue sauce
- 15 ml (1 tbsp) prepared mustard
- Freshly ground pepper
- 6 hamburger buns

1 In a large skillet, cook veggie ground round, onion and garlic over medium heat until onion is slightly brown.

2 Add ketchup, barbecue sauce, mustard and pepper. Cook for 5 minutes on low heat, stirring occasionally.

3 Divide among hamburger buns to serve. **THE CANADIAN PRESS/ YVES VEGGIES CUISINE/ ADAPTED BY EMILY RICHARDS**

Modern love in a digital world

Romance. We used to fly banners through the sky to get our loved one's attention, but now there's Facebook — it's faster and a lot cheaper

YLVA VAN BUUREN
For Metro

When Jodi Brown finally decided to accept Matt Peacock's wedding proposal, the social media aficionado wanted to say 'yes' in a way that was unique, memorable and "fit with who I am."

Jodi is vice-president of marketing and interactive at Metro News, has two boys, Jaden, 14, and Callum, 9, and she's a huge fan of social media.

Metro readers are likely familiar with Jodi — she shared her cancer story in the paper last fall (and she's doing great now!).

After hearing a social media expert talk about how you can micro-target advertising messages on Facebook, she decided she would accept Matt's proposal digitally by creating a Facebook ad that would be guaranteed to be read by him.

Pinterest

Jodi Brown has also started a wedding board on Pinterest. Check it out at pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas

"By using 'targeted qualifiers,' you can actually target the campaign to reach just a few people," Jodi said.

Matt is the love of her life. They hit it off instantly when they met at a business function in September 2010.

"We both have high-energy personalities ... we're outgoing and active and we love to travel. And, we have the same goals," she said.

But after dating for two months, Jodi was diagnosed with breast cancer. She thought he might not stick around because of it but that wasn't the case.

Matt stayed by her side through surgery and treatment. Since moving in with Jodi and her kids last July, he has proposed a few times.

'Yes I'll Marry You Matt' was the headline Jodi used in the Facebook advertising campaign along with a picture and a short blurb about how she felt.

Jodi Brown, Metro's vice-president of marketing and interactive, left, is pictured with her fiancé, Matt Peacock. CONTRIBUTED

While she figured it might take him a week to see, it took Matt just five minutes on the day the campaign was launched to notice it on his Facebook page.

"Then it took him 10 minutes to update his relationship to engaged," Jodi said.

She says the campaign ran just for the one day, and seven people including Matt saw it an average of 12 times each. At the end of the day, the campaign cost her three cents in total — for every thousand times the ad showed up, the price was one dollar.

Since the ad appeared, the couple has received hundreds of messages of congratulations and advice on Facebook.

Now they are pinning down the date (either September 2012 or May 2013) and starting to plan.

"And of course, social media will play a role in the planning of the wedding ... there's just no way it won't," Jodi said.

metro TW Trend Watch

RIGHT LOOK, RIGHT AGE

HERE'S WHAT TO WEAR NOW, NO MATTER WHAT YOUR NUMBER

By Ingrie Williams

GARMENTS:
GEOFFREY ROSS

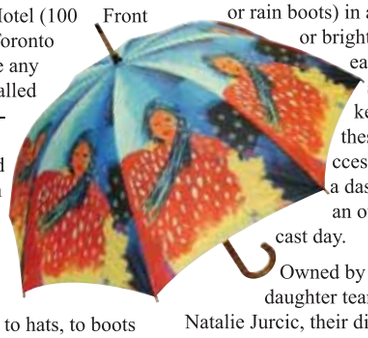
STYLING:
BREANNA GOW/JUDYINC.COM

CELEBRITY:
GETTY IMAGES

Continues on next page

RAIN DROPS

Nestled on the lower level of the Fairmont Royal York Hotel (100 Front St.) in downtown Toronto is a boutique unlike any other in Canada. Called Raindrops, this purveyor of all things wet-weather related takes raingear from drab to fab.



The specialty shop's selection of high-end raingear — from umbrellas, to hats, to boots to coats — for men, women and children, making it the ultimate springtime shopping destination. It offers a variety of products that suit the needs and budget of just about anyone.

Raindrops goes beyond offering simply the practical, by carrying items that not only keep you dry from head-to-toe, but also make a serious fashion statement while doing so. For fashion-conscious urbanites, a rainy day no longer means having to forgo style.

For those who love a bit of bling, there are handmade umbrellas embellished with Swarovski crystals. For art aficionados, there are ones boasting prints of famed paintings including Van Gogh's Starry Night and Monet's Field of Poppies.

And for anyone who wants to stay on top of the latest fashion trends for 2012, simply incorporating a colourful accessory (think waterproof hat or rain boots) in a yellow, pink or bright green is an easy way to do so. Aside from keeping you dry, these unique accessories provide a dash of cheer on an otherwise overcast day.

Owned by mother-daughter team Bobi and Natalie Jurcic, their discerning tastes result in an offering of the very best quality products on the market, many of which are imported directly from France, Holland and Italy. Take the design details on their Italian-imported Pasotti umbrellas, for instance which include fully lined canopies to prevent them from turning inside out in the wind (there's nothing quite as frustrating).

So this year, conquer April showers in style!

– Heather Buchan

Offering a wide selection of stylish seasonal outerwear, umbrellas and accessories for women, men and children.

Raindrops

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Located on the PATH
At The Fairmont Royal York
100 Front Street West

416-203-RAIN
1-866-901-RAIN
raindropsTO.com
@RaindropsTO

continued from first page

20s SOLANGE KNOWLES

A mix of punchy colour, playful pattern and a carefree approach to jewellery creates a look that's sophisticated, not stuffy.

A knockout hue pumps up an otherwise prim top. *Brose silk top, $288, marikabrose.com*

Bright beads and twisted textures score extra style points. *Fab Accessories 18K gold-plated Brass bracelet with faceted glass beads, $48, fabaccessories.com*

Good things happen when an eye-popping print meets a simple shape. *J.Crew Café Capri wool-silk blend pants in Jewel Jacquard, $230, jcrew.com*

Candy coloured knuckledusters are a major thing. *Carole Tanenbaum Vintage Collection pink cocktail ring, $400, yellow Selro ring, $400, and yellow-green enamel ring, $550, caroletanenbaum.com*

30s HEIDI KLUM

Fresh shades and prints that pop are easy ways to wake up those I-want-to-wear-

them-everywhere jeans.

Think oodles more stylish than a T-shirt, but just as comfy. *Robert Graham Kalie silk top, $198, 877-717-7466*

Faded-wash denim is most stylish when it's cuffed and cropped. *Joe Fresh cotton-blend jeans, $39, joefresh.ca*

Be it a bag or shoes, there's always room for another pint-size hit of print. *Gap linen and PVC bag, $65, gapcanada.ca*

Artisan charm keeps oversize baubles from being OTT. *Fab Accessories, $280, fabaccessories.com*

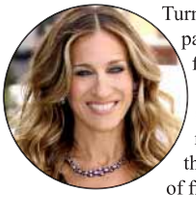
30-SOMETHING

"Nail polish is better than a trip to the therapist," quips Essie Weingarten, founder and creative director of Essie. It certainly has fueled a healthy business for the New Yorker who celebrates the brand's 30th anniversary in 2012 — that's 700 shades and counting. Our fave new hue? A pastel lilac called To Buy or Not To Buy, $10, essie.com

PRADA, PER FAVORE

French stunner Léa Seydoux has global Italian brand Prada in her clutches. The 26-year-old actress was the adorable muse for Prada's Candy fragrance. For the label's Resort 2012 campaign, she's a more seductive leading lady, arms overflowing with superb clutches from the haute handbag originator's spring-time accessories collection. She looks like she needs an extra hand with those pretty purses — and we'll help!

40s SARAH JESSICA PARKER



Turn heads in graphic patterns, a figure-flattering silhouette and accessories with just the right amount of flash.

Proof you can be 60% covered up and still be 100% sexy — a fit 'n' flare dress is a must-have. *BB Dakota polyester dress, $122, bbdakota.net*

Glinting baubles in refined shapes echo a retro-chic vibe. *Carole Tanenbaum Vintage Collection Boucher black and crystal necklace, $850, and diamanté bow earrings, $350, caroletanenbaum.com*

Put your foot down with fashionable flair in snakeskin-print platform heels. *Le Château suede heels, $110, lechateau.com*

WRIST SHOTS

ONE-MINUTE MIRACLE

Pile on the beads. A little boho, a little deco, a little ladylike: we view this season's runway trend of multi-strand necklaces a quick and easy way to update the simplest of wardrobe pieces.
Quartz and crystal beads, $395, kumaris.ca

For more great style tips, visit TheKit.ca

PREPPY

Play along with Gianfranco Ferré-style stripes, polka dots and colour-blocked patterns.
Winners narrow-hinged bangle with colour-blocking, $20, winners.ca. Banana Republic chevron bangle in pink and navy, $62, bananarepublic.ca. Hermès diamon-patterned enamel bangle, $795, hermes.com. Birks Art Deco Collection by Roberto Coin square bangle bracelets in enameled sterling silver, from $395, birks.com

BEJEWELLED

Dress like a princess—make that a queen—with a bevy of bejewelled bangles. *Swarovski Rarely bangle, $575, swarovski.com. Rita Tesolin crystal with green deco-style cuff, $365, ritatesolin.com. Chanel golden metal bracelet with glass stones, $3,375, chanel.ca. Elsa Corsi crystal hinged cuff, $1,200, elsacorsi.com*

ORGANIC

Take your cue from Donna Karan and get inspired by wood and the natural world. *Winners faux-wood and resin wide bangle, $17, winners.ca. Dandi Maestre raw wood bangle, $150, dandimaestre.com. Le Château faux-bark plastic bangle, $13, lechateau.com. Michael Kors ebony-coloured wood bangles with pavé detail, $210 each, 866-733-5677*

KOOL-AID

Pile on the plastic fantastic à la Hermès with punchy colour and bold shapes. *Hermès orange and green wood lacquer bangle, $275, hermes.com. Expression green cuff, $16, thebay.com. Carole Tanenbaum 1960 pink bangle, $250, caroletanenbaum.com. Lacoste navy and black cuff, $100, lacoste.com*

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CROPPED JACKETS

VICTOR VIRGILE/GAMMA-RAPHO/GETTY IMAGES

Anyway you look at it, jackets are getting cut down to size this season. From bracelet-length sleeves to cropped styles, designers showcased this spring staple in a shrunken silhouette.

Here's how to master this new shape. What's your figure?

CURVY

Play up your shape by focusing on a jacket that nips in at the waist. The zipper detail adds interest without the bulk of a pocket flap at the hips and around the bust line.

ATHLETIC

Use prints to your advantage. Chevrons and stripes can help give the illusion of curves on a boyish figure.

PETITE

Teamed with a higher-waisted trouser or skirt, a shorter jacket shifts the waistline upward, resulting in the illusion of longer legs. Just remember to keep the bottom half tailored to balance out a voluminous jacket.

UNIVERSAL

The shrunken motorcycle jacket is universally flattering; pick soft leathers that mould to your shape. Choose styles that have face-framing collars instead of mock-neck or collarless styles.

– Vanessa Grant

STEFANIA D'ALESSANDRO/GETTY IMAGES

VICTOR VIRGILE/GAMMA-RAPHO/GETTY IMAGES

FLORA & FAUNA

Say it with flowers. Give your solids a feminine, floral lift or embrace the garden head-to-toe with spring's blooming selects.

Oh, spring! Doesn't its very definition conjure up new beginnings? Take a fresh and optimistic approach with a wardrobe that welcomes the season. Spring 2012 runways reflected nature's best assets with plenty of floral prints: ready-to-wear pieces bursting with perennial patterns on suit jackets, shirts, skirts and dresses at Denis Gagnon and Proenza Schouler—blooming separates just begging to be worn the instant the snow melts. To match, design houses also put this floral touch on handbags: Dolce and Gabbana, Miu Miu and cheap-chic accessory purveyor Aldo are all looking to springtime flowers for sartorial inspiration.

"This season's prints are on vacation—inspired by the tropics, the South Pacific and vintage wallpaper at resort hotels. They're almost tacky, but that's what makes them cool." — *Anna Lemessurier, senior product developer for Handbags, Aldo*

CLOCKWISE FROM TOP: Aldo Dant polyester clutch, $40; Devoss quilted cotton purse with metal and pleather strap, $45; Gizzi synthetic floral satchel, $50; and Menches cotton backpack, $50, all aldoaccessories.com

HANDBAGS: GEOFFREY ROSS

– Glynnis Mapp

For more great style tips, visit TheKit.ca

philosophy®

Special Appearance

meet robin white

philosophy's skin care expert will be hosting an exclusive skin care master class

receive advice on all your skin care concerns and customize your routine to get you ready for spring.

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space is limited, call now to reserve your spot

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receive a complimentary gift with the purchase of any two philosophy products.*

*gift includes: philosophy tote bag, mini make up bag, purity 30 ml, 30 ml amazing grace lotion, hope in a jar deluxe sample.

offer valid while quantities last. one per customer.

the Bay

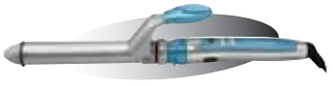
SPRING LOCKS TO KNOCK THEIR SOCKS OFF

VOLUMINOUS, WAVY HAIR

Spring 2012 is all about embracing voluminous, unstructured waves. Although the covetable long, shiny, bouncy locks seen on runways from New York to Paris looked effortless, there are a few tools and tricks need to achieve this look. You'll need a good blow dryer, a round brush and a curl iron.

STEPS: After shampooing and conditioning with volumizing products (such as the Mixed Chicks lineup, which helps to de-frizz and define curls), divide hair into sections and, using a round brush, pull hair down from the roots as you blow dry. This will lift hair from the roots. Next, flip head back and wrap small section of hair around the curl iron vertically and away from your face. This helps to set the waves. Finally, set hair with a shine spray to maintain the volume and bounce. Avoid volumizing gels and lotions as they will weigh down hair, pulling out the waves.

THE BABYLISS NANO TITANIUM CURL IRON provides both curls and waves and boasts an advanced heat conductor that penetrates the hair shaft from within (for maximum styling) without leaving hair damaged and brittle. Available at Toronto Barber & Beauty Supply.



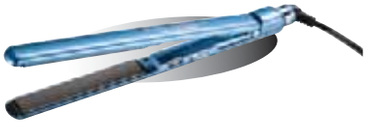
SLEEK, PIN-STRAIGHT LOCKS

At the other end of the hairstyle spectrum, super straight hair with a center part also popped up on catwalks at Spring 2012 shows where stylists added hair extensions to enhance the sleek effect. When styled properly, pin-straight locks are lustrous and chic looking. You'll need a good blow dryer, a wide-tooth comb and a flat iron.

STEPS: After shampooing and conditioning with smoothing shampoo, gently towel-dry hair and comb through a finishing spray to tame any frizz. Always practise safe flat ironing! Apply a heat-protecting spray (such as Joico's Smooth Cure Thermal Styling Protectant) and blow dry hair before using a flat iron. Separate hair into small sections no wider than the flat iron plate and place between the iron's plates close to scalp. Then, gently bring the iron down to the end of your hair. Finish by spraying with a finishing spray.

BABYLISS NANO TITANIUM FLAT IRON has extra-long 5" plates allowing for wider sections of hair to be straightened, thereby saving precious styling time. Available at Toronto Barber & Beauty Supply.

– Heather Buchan



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the road to CURL DEFINITION frizz control

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For years multi-cultural people with hard-to-manage hair travelled from store to store, trying to combine a product cocktail in a hopeless attempt to tame their locks. Those days are gone. Wendi Levy and Kim Etheredge, two "mixed chicks," have created a product line that will moisturize, control frizz, and define curls, without the sticky mess. No more mixing and matching. Just wash and go, and you are on your way to luxurious long lasting curls.

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The deal with taxes

A few tips for the financially challenged

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

When do I have to file my taxes? Each year taxes are due to Canada Revenue Agency (CRA) by midnight of April 30.

How do I file my taxes? You, or your professional tax advisor, can file your taxes through NETFILE (netfile.gc.ca). For help using NETFILE, consult CRA's online help or call the NETFILE help desk: 1-800-714-7257. Not everyone can use NETFILE, so check out the restrictions. If you run into problems you can still file the old-fashioned way in paper form and have the post office postmark it by April 30, 2012.

What if I've moved? File your taxes according to the address where you were living on Dec. 31 of the tax year.

What if I've experienced a major life event? If you've had a child, experienced a death in your immediate family, got married, separated or divorced, there are special tax considerations for your situation, so consult with a professional tax advisor.

What if I'm behind on my taxes? If you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. The longer you let it go, the more complicated it gets.

Do I pay a fine if I'm late filing my taxes? If you are eligible for a refund, there is no penalty. However, if you owe taxes, the late filing penalty is five per cent of the amount you owe for 2011, plus one per cent of the balance owing for each full month that your return is late, to a maximum of 12 months.

What if I'm missing a form? By law, all your tax forms must be filed with CRA. You can request replacement tax slips by contacting the issuing agency.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law you must claim your marital status because your tax benefits are calculated based on total household income.

Deep breaths, baby, you got this. ISTOCK

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error, you can submit a T1 Adjustment to the CRA.

Stay tuned for next week's piece on the top ways to reduce your tax bill.

FIND ME ON TWITTER @LESLEYSCORGIE

Heading south of the border to do some shopping

Plan ahead. Cut coupons and look for deals before you hit stores in the U.S. (and don't forget to bring a pair of comfy shoes).

YOUR MONEY
Alison Griffiths
money@metronews.ca

'Tis the season for travel.

It's the time of year when many families head south for the beach or the slopes and shopping, especially now with the loonie lingering near par.

Sadly, we're limited when it comes to enjoying some of the best U.S. deals. I recently bought my favourite wine, J. Lohr Paso Robles Cab, for a mere 12 bucks at Target. The same vino in Canada will set you back $20 or more. But we can still only bring back 1.14 litres of liquor or 1.5 litres of wine regardless of the trip length.

Savvy cross-border shoppers head to the outlet malls and big box stores to score deals. But with a bit of planning you can do even better by monitoring the coupon offers at your destination.

First, check out the local newspaper. Advertising is up since the worse of the recession and the papers are full of coupons. In Canada, we usually see flyer-heavy papers on Wednesday and Thursday, but in Florida, for example, Saturday or Sunday is when you will find the largest number of flyers and ads.

Another great source are the newspapers' websites. They are far richer with coupons than in Canada.

Also, visit store websites. Last week, I took advantage of a two-day only 20 per cent off any purchase at Chico's and a similar deal at Macy's. Some stores are strict about having the coupon in hand but when I left my Macy's offer in the printer, the checkout person swiped one she had at the counter to give me the discount.

Finally coupon sites have proliferated in the U.S., over 500 at last count.

Here are five top websites, according to the Wall Street Journal:

- CouponCabin.com
- RetailMeNot.com
- SmartSource.com
- Coupons.com (mainly groceries, also I couldn't load it with my Safari browser but could with Firefox).
- CouponMom.com (primarily groceries)

If you are intending to do some serious shopping be sure to start your deal search before you leave Canada or you might end up clipping or printing a coupon that only kicks in when you're at the airport heading home.

There's nothing quite like a good deal. ISTOCK

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Maximize your U.S. shopping deals by planning ahead."

Cross-border shopping

- **Before you swipe.** 2.5% is the standard additional charge, on top of the exchange rate spread, levied by Canadian credit card companies on U.S. purchases.

You may need to file a U.S. tax return

If you're a U.S. citizen or Green Card holder residing in Canada, the IRS requires you to file a U.S. tax return even if you didn't earn any US income.

We can help you determine whether you're required to file or not.
With H&R Block's experienced tax professionals, you can be assured that your Canadian and U.S. tax returns are prepared accurately and professionally.

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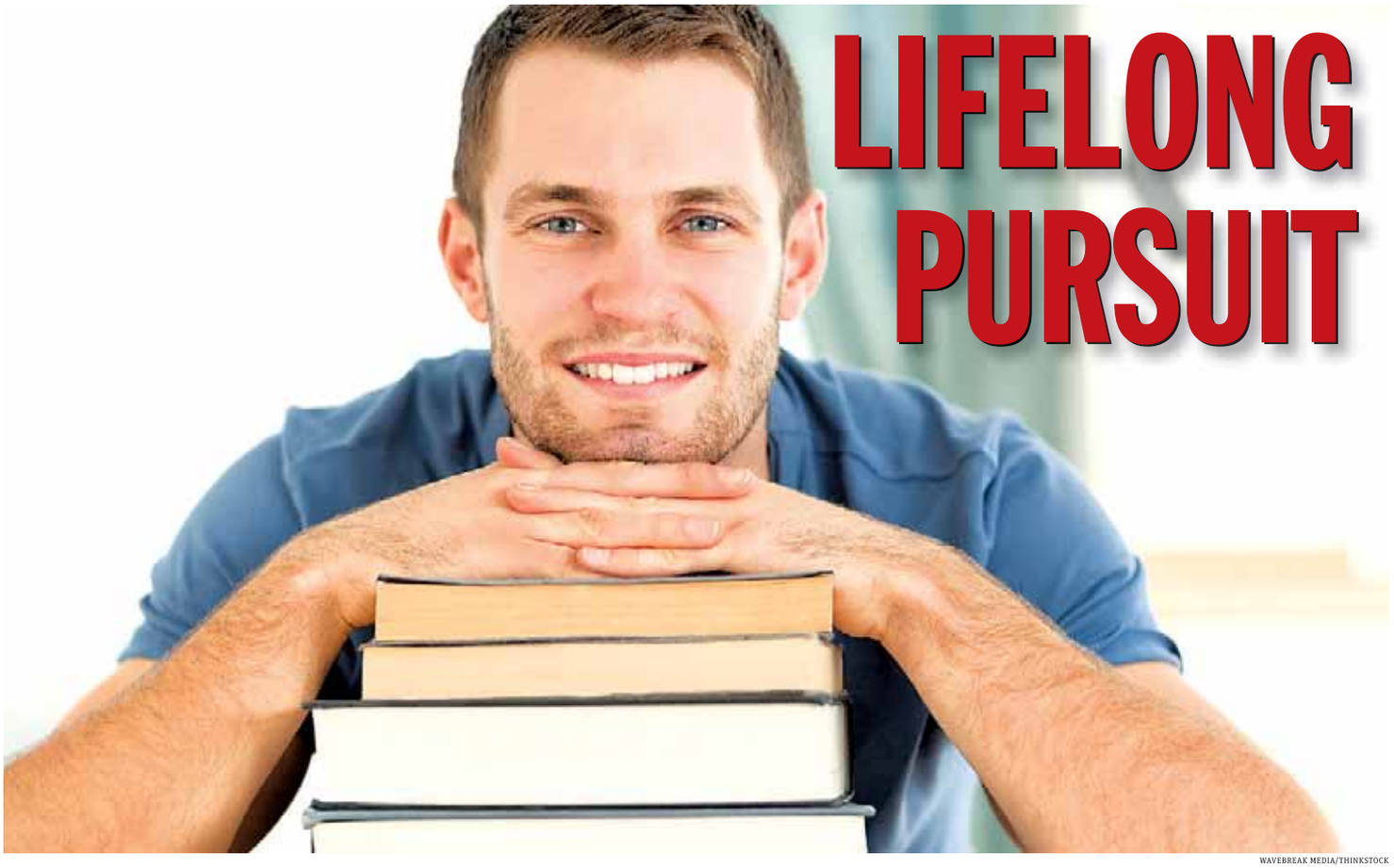


WAVEBREAK MEDIA/THINKSTOCK

CONTINUING EDUCATION CAN HELP ADVANCE AN EXISTING CAREER ... OR BE JUST FOR FUN

For some people, learning stops as soon as they finish high school or university, but if you want to live a challenging life and find fulfilment at work, experts say learning will likely be a lifelong pursuit.

CanLearn.ca is an online resource from the federal, provincial and territorial governments that pools information on furthering your education.

"As the job market becomes more competitive, continuing education can help you keep up with the latest technologies, knowledge and skills you need to help you keep your job, get a new job or change careers through continuing education," it says.

It advises potential students to consider what they want to get out of their further learning — perhaps it's to finally get your high school diploma, or a specific university program to enter a particular profession, or to learn a skill to work in a trade. The clearer you are about your goals, the easier it will be to achieve them. Learn what you need to do, find out what schools offer the education you need, and ask them how to enrol.

Lisa Fanjoy, manager of online learning and continuing studies at Wilfrid Laurier University, says many adults turn to continuing education to advance an existing career, or just for fun. Wilfrid Laurier sees an even mix of students seeking professional and personal development.

For professional development, a popular course is risk-management certification, which is required for advancement in many jobs. Other in-demand courses include the fundamentals of management, diversity in organizations, clinical supervision, writing skills and other upgrades.

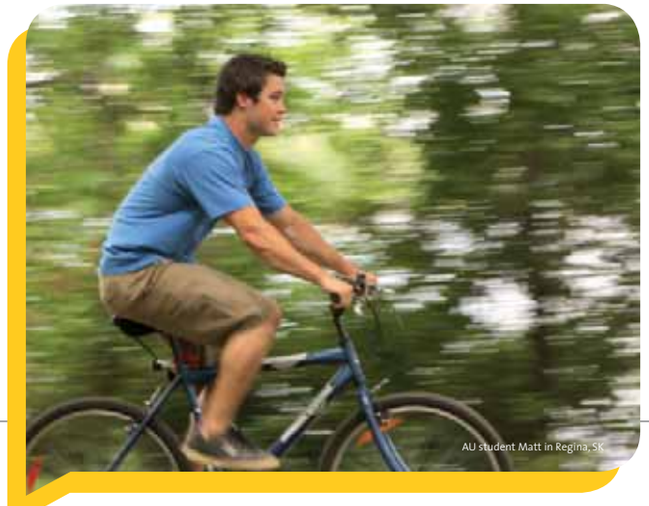
For personal development, it's about "a passion or project to indulge in," Fanjoy says.

She points to their popular online script-writing course, where amateur playwrights take a step towards making their dream a reality.

A related section of courses is targeted at retired learners and is basically CBC radio in real life. Instead of (or as well as) spending money on a trip to Europe, many older Canadians spend money on courses to learn how the brain works, searching for the historical Jesus, studying Darwin, Shakespeare and many others.

"It's a real range — sciences, music and art," Fanjoy says.

– Jon Tattrie



AU student Matt in Regina, SK

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JOURNEY OF HOPE

DREAMS REALIZED THROUGH U OF T BRIDGING PROGRAM

The saying that it takes a village to raise a child takes on a new meaning when that village is a hostile and brutal place.

No one knows this better than Walter Ojok-Acii, a northern Ugandan native who grew up amid wretched poverty, watching school-age friends, relatives and classmates forced to serve the country's rebellion as sex slaves, work slaves and child soldiers. Some were as young as five.

Because of the horror he witnessed and the racism he later endured, Ojok-Acii's dream of working as a human rights lawyer would only grow stronger as his resilience and resolve took hold.

Today, thanks to the University of Toronto's Internationally Trained Lawyers Program (ITLP), a bridge program that helps immigrant lawyers qualify to practise law in Canada, the 32-year-old is well on his way to realizing his dream. He is currently interning with the criminal division of the Ministry of the Attorney General in Etobicoke and expects to write the bar exams this June.

"I have not forgotten my tough past, but also have not allowed my struggles to conquer my hope," Ojok-Acii wrote in an email about his inspiring story. "This is a journey of hope and determination."

Ojok-Acii's story is representative of the journey many of the program's students take, says program director Gina Alexandris.

"We're very moved by the circumstances and the journey a lot of our internationally trained lawyers have gone through," she says. "And the strength and the courage they have as they pursue their dreams to get qualified."

GLOBAL REACH

- In the three years since the program's inception, about 100 students representing more than 26 different nations have been enrolled in the comprehensive portion of the program.
- Students have come from Singapore, Mexico, Israel, Belarus, Trinidad and the United States.

Walter Ojok-Acii

UNIVERSITY OF TORONTO PHOTO

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Whether you're pursuing a new career, professional development or personal growth, Continuing Education courses at George Brown College help you achieve your goals.

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Outstanding instruction

Our instructors are both active professionals and terrific in the classroom. Courses are practical, up-to-date and taught with a hands-on approach.

Valuable options

Our evening, weekend, day and online classes work for working people. And you can work toward a certificate at your own pace – you register (and pay) on a course-by-course basis.

Convenient locations

Our downtown campuses are located minutes from the subway. Online options also mean you can study from anywhere.

Register now for spring classes at coned.georgebrown.ca

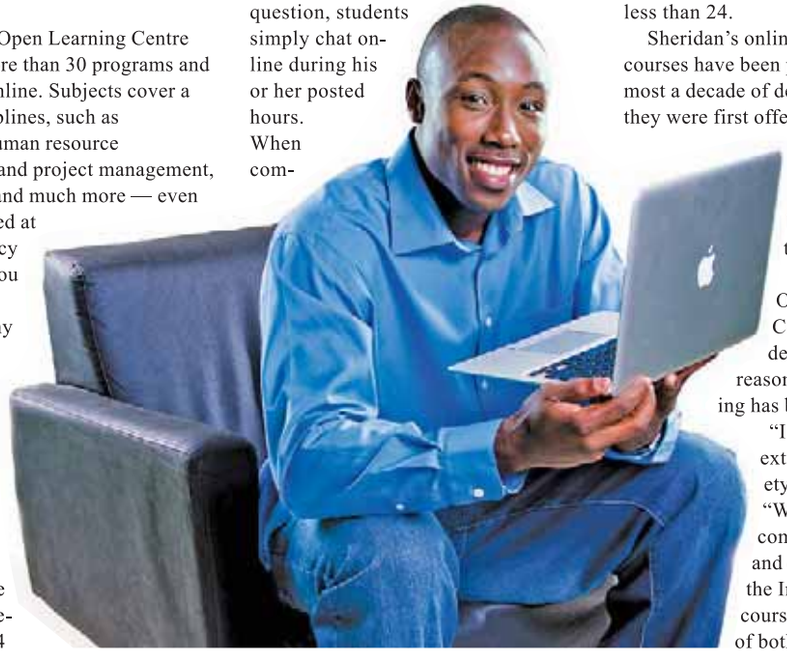
THE POWER OF ONLINE LEARNING

MORE THAN 30 PROGRAMS AND 200 COURSES AVAILABLE THROUGH SHERIDAN COLLEGE

At Sheridan College, you can earn the credentials you need at a time most convenient to you. That's the power of online learning.

Sheridan's Open Learning Centre now offers more than 30 programs and 200 courses online. Subjects cover a range of disciplines, such as accounting, human resource management, and project management, bookkeeping and much more — even programs aimed at future pharmacy technicians. You can complete coursework any time of day, from your own home if you wish, no matter how far you live from Sheridan's campuses.

Most online courses last between 10 to 14 weeks. Like traditional courses, they have exams and are instructor-led. To ask an instructor a question, students simply chat online during his or her posted hours. When communicating over email, instructors must answer questions within 48 hours; though they often manage it in less than 24.



Sheridan's online programs and courses have been perfected through almost a decade of development. When they were first offered in 2004, approximately 1,800 students enrolled; by 2011, that number had more than tripled.

Dan Piedra, the Open Learning Centre's associate dean, points to several reasons why online learning has become so popular.

"I think it's an extension of where society is going," he says. "We've all grown more comfortable socializing and doing business over the Internet — online courses combine elements of both. For students who find classroom settings uncomfortable, this is their chance to feel more engaged.

"But the greatest appeal of online learning is its flexibility. Most of our students work full time and are seeking a credential of some kind. Online learning allows them to study at their own pace, at whatever time of day — or night — suits their schedules best."

Registration for Sheridan's spring semester is open now.

SPRING SEMESTER

Sheridan College's spring semester begins May 7. To inquire about and register for online courses, email the Open Learning Centre at ce.online@sheridanc.on.ca.

You can also phone either of Sheridan's campuses to speak with a representative. Phone 905-459-7533, ext. 5181, to reach the Brampton campus; or 905-845-9430, ext. 5181, to reach the Oakville campus.

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UNIVERSITY OF TORONTO PHOTO

CROSS CAREER BRIDGE WITH U OF T

Dying to get a university degree but don't know if your past academic performance will make the grade?

There is a way at the University of Toronto, which each year offers hundreds of students a shot at degree studies thanks to the Millie Rotman Shime Academic Bridging Program.

"Students assume that if they did not successfully enrol in university directly after high school or college, that admission is not possible without upgrading or repeating courses – and that is just not true," says Winnie Wong-Nicholson, associate registrar of the program.

Designed to bridge the gap between a student's prior education and the requirements for first-year university courses, the program offers those who never completed high school or a two-year college diploma an entry point to undergraduate studies in the humanities and social sciences.

It's also well-suited for secondary school or college graduates whose grades fall below the requirement for direct entry admission into university.

Students who successfully complete the program are guaranteed admission to U of T's Faculty of Arts and Science with one credit retained toward their undergraduate degree.

The bridging program is open to students who are 19 on Oct. 1 in the academic year in which they apply.

Financial support is available for students with need, and scholarships are awarded to the top graduates of the program.

For more information, go to wdw.utoronto.ca/bridging.

CENTENNIAL PREPARES YOU FOR ERA OF CLOUD

The advent of cloud computing is one of the most significant trends in the IT industry in years and is radically changing the way the world does business. Now Centennial is offering a new continuing education course starting in April: The CITRIX Academic Network helps you prepare for the era of the cloud.

Centennial College is also the first and only CITRIX IT Academy in Canada. Allan Reid, Centennial's IT and computers program supervisor, says, "CITRIX chose Centennial and they've made us both a student and an instructor training centre for the new CITRIX IT Academy, which they have just recently announced. CITRIX has a whole range of products and we're involved with their server virtualization products."

A person with previous Microsoft experience would be well suited for the program, says Reid. "It's really set up for someone who has a Windows background already, or has been involved in installing a Microsoft-based network."

Industry analysts expect the transition from the PC era to the cloud era to fuel a massive build-out in cloud infrastructure, creating a new market projected to exceed $11 billion by the end of 2013.

"People are now expecting the services to be anywhere they are, when they want them," says Reid. "It's a changing world in IT and we're looking at what is required, what industry wants, what the users want, and right now it seems to be all about the cloud."

ISTOCKPHOTO/THINKSTOCK

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STAY ON TOP OF SOCIAL MEDIA

GAIN WEB PRESENCE WITH GEORGE BROWN

George Brown's new Social Media Certificate program is focused on practical, hands-on training that gets you up and running with your own Internet presence. The courses deal with hot topics such as Twitter and Facebook marketing, WordPress blogging and social media for social change.

Instructor Amanda Grainger-Munday takes you through the steps to build your own application.

"I teach Facebook marketing, which is focused seven weeks entirely on building a Facebook page for business. In Week 3 we look at applications, so I certainly cover things like if you're going to write your own Facebook application and you wanted to look at the IOS platform or you wanted to look at HTML elements."

You can learn how to design and implement successful social media campaigns and develop your skills through project work involving key digital platforms such as Facebook, Twitter and YouTube.

The program gives you a real-world sense of online marketing.

"We look at things like the Farmville application and some of the other very successful games on Facebook," says Grainger-Munday.

"We also look at custom tabs, so if you look at any major brand page, like Coca-Cola, we like to look at lots of different brand pages and see how they customize their worlds using applications."

Current research, best practices and hands-on coursework provide the foundation for dynamic learning and the knowledge you need to stay on top of this important, emerging field.

According to Grainger-Munday, the program will appeal to two types of people.

"There are those who are looking to add social media elements to their work, either they're a small business owner or they're working for an organization that wants to increase social media elements. And then there are those who aren't necessarily sure about the world of social media yet and want to learn more."

NEW COURSES

Just three of the exciting new courses in the Social Media Certificate program are:

Social Media Marketing: History and concepts of social media and principles behind online communication.

Facebook Marketing: Develop and maintain a Facebook presence for your brand/organization.

WordPress for Blogging and Web Design: Create, publish, manage and maintain blogs and websites using WordPress.

ISTOCKPHOTO/THINKSTOCK

TURN YOUR SIDE PASSION INTO A LIVELIHOOD

Ready to take the next step with your craft hobby? You can acquire the knowledge and skills needed to transform your creative ideas into a functional business with George Brown's new Business of Craft course.

The course is taught by jewelry designer Jennifer Ger, co-founder of Foxy Originals. "I think there are a lot of people sitting in day jobs with a side passion that they're desperate to turn into a livelihood and often the only thing that's keeping them from making a living from their craft hobby are the basic business skills and an understanding of the inner workings of the distribution options available to them in the craft industry," says Ger, who was recently profiled in Canadian Business magazine as one of its "20 Young Women in Power."

Jonathan Gould, the chair of Business and Legal Studies at George Brown, explains how the course helps individual crafters market their goods.

"I've been meeting lots of people in the downtown area who I've been amazed with their craft skills; things that people make often just for fun. And then with that there's the development of online retail shops like the Etsy store where people who are individual craftspeople and may not know how to market their goods, they can sell it to a global audience."

Ger gets a personal sense of satisfaction from the course. "For me, I get no greater joy than being able to see other people make that connection from being a crafter to actually being able to live off the fruits of their labour. I think everyone in life deserves to create a livelihood from something they're passionate about, and for me to be able to be the connector to provide people with the fundamental tools to enable that to happen is so rewarding."

ISTOCKPHOTO/THINKSTOCK

HOW TO MARKET YOUR OWN CREATIONS

You can learn how to market your own creations. The course explores areas such as sales distribution channels, market identification, pricing, business structure, branding, public relations, and the realities of marketing, selling and profiting from your business. There will be guest speakers who are Canadian craft gurus, as well as speakers on topics such as web marketing.

GEORGE BROWN PHOTO

GET INTO THE FOLD

You can learn the traditional art of Japanese paper craft with Tim Murphy, instructor of George Brown's new Origami Foundations course, which explores the fundamental paper-folding techniques of origami using a variety of paper materials.

Following step-by-step instructions, you will practise producing such functional and decorative paper projects as boxes, animals and geometric shapes.

Influenced by the movie Blade Runner, Murphy is an expert with 30 years of teaching experience.

"I saw somebody fold a chicken out of a gum wrapper and that inspired me to do some research and I found a book on the topic and taught myself, and then within a very short period of time started teaching others. Origami is very much an art form of sharing and sharing what you know and what you're able to do with others."

UNIVERSITY OF TORONTO PHOTO

ENRICH YOUR LIFE AT THE U OF T

If balancing a chequebook, conversing in Mandarin or discerning the latest weight loss techniques is stressing you out, the University of Toronto might be the place for you.

Thanks to its School of Continuing Studies, students can select from a wide range of courses that help them in their finances, career or lifestyle.

"These courses enrich people at whatever stage they're in in their lives," says Dr. Gordon Davies, head of the school's languages and arts and science departments. "They might be busy professionals looking for intellectual stimulation or active retirees looking to stay busy or sometimes we see young people wanting to investigate a career path by taking a course that touches on that."

The school offers more than 500 courses each year in arts and science, languages and business and professional studies. Study ancient Rome, Toronto's architecture, the opera and traditional Chinese medicine or learn about Nietzsche, Shakespeare and real estate investing. As an added bonus, the teachers are experts in their field who love to teach, says Davies.

One such teacher is finance guru and Toronto Star columnist Ellen Roseman. She offers two courses at the school. The Facts of Life about Your Finances begins April 5 and is for those who want to learn how to negotiate mortgages, buy cars and pay the right amount of income tax.

Roseman's Investing for Beginners is offered in September and it's for those who want to invest, either on their own or with an investment adviser but have little or no experience doing so.

More than 15 languages are taught at the school including Japanese, Turkish, Farsi and Latin. Many of those studying French are newcomers to Canada, who are interested in working for the federal civil service, Davies says.

Courses, most of which lead to a certificate, are non-degree and non-credit. They are usually offered in the evening from September to May.

DELVE INTO STUDIES OF MIDDLE EAST

This fall, the School of Continuing Studies is offering a collection of courses on Islam and the Middle East. They include courses on contemporary issues in Middle Eastern societies, Islamic art, the religion of the Muslim world, the great thinkers of Islam and its literature.

Want to go to university but haven't finished high school or community college?

- Successful completion of the course qualifies students for admission to degree studies at the University of Toronto
- Earn one credit towards your degree
- Day or evening classes
- Financial assistance available for applicants with need

The Millie Rotman Shime Academic Bridging Program can help you achieve your academic and career goals!

ENROLL NOW
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- Students with any University degree can apply for the accelerated 2-year LLB
- No LSAT/LNAT

A representative of the School of Law will be giving a presentation on the following dates:
- **Saturday 24th March,** University of Toronto, Bahen Centre, 40 St. George Street, Room 1180, 2pm
- **Monday 26th March,** University of Toronto, Bahen Centre, 40 St. George Street, Room 1180, 7pm

Details of how to apply can be found at **www.le.ac.uk/law/canada**

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HUMBER COLLEGE PHOTO

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Courses and workshops are offered multiple times per year, with the majority in evenings and on weekends, and at more than one location.

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Registration for Seneca's summer semester opens March 19. To learn more, visit senecacollege.ca/ce/computers/, or contact Robin Richardson, program co-ordinator, at robin.richardson@senecacollege.ca, or 416-491-5050, ext. 77273.

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SECOND CHANCE

WITH ROTMAN'S MBA PROGRAMS

ROTMAN SCHOOL OF MANAGEMENT PHOTO

While an executive MBA is definitely a snazzy credential, for many it's also a second chance to break through the glass ceiling of the business world.

The Rotman School of Management's two executive MBA programs give experienced managers, consultants and entrepreneurs an opportunity to climb the corporate ladder despite having academic careers that were cut short.

"It's a second chance for people who might not have been able to follow through in their younger years to get a formalized education," says Beatrix Dart, associate dean and academic director of the school's executive MBA programs. "This allows them to move forward in their careers."

About 10 per cent of the executive MBA students don't have undergraduate degrees but have proven their merit through work experience, career advancement and past studies. To gain acceptance to the programs, they need to pass the GMAT admissions test.

Dart tells of an Air Canada pilot who entered the executive MBA program because she wasn't progressing in her career due to a limited education. Although the pilot had no undergraduate degree, she ended up acing the program as one of its top students.

"These people are the most motivated and hard-working and I'm not surprised at all when they come out on top of the class," says Dart. "Some have not completed undergraduate studies for whatever reason. Life happens. Sometimes a great offer came along. Perhaps the opportunity to earn money looked more tempting than going to school."

The Omnium MBA program brings together international students from the world of business for two-week learning units that occur every three months rotating among Canada, Brazil, China, Europe and India.

The executive MBA (EMBA) is a one-year program designed for students who are working full time.

HOME AWAY FROM HOME

UNIVERSITY OF LEICESTER BOASTS MORE CANADIAN STUDENTS THAN ANY LAW SCHOOL IN U.K.

UNIVERSITY OF LEICESTER PHOTO

Canada has one of the lowest ratios of law schools to population-size of any common-law jurisdiction. If you are a Canadian struggling to get into one of these schools, you know this already. The University of Leicester may be your solution.

The University of Leicester's law school has been recruiting Canadians since 2003. Today, it boasts more Canadian students than any other law school in the U.K.

Your Canadian experience at the university begins with a free, weeklong orientation designed to introduce you to studying, working, and socializing in Leicester. (Students must book a place in advance — online booking opens July 1).

Events continue throughout the year, organized by the student-run Canadian Law Society. They include a skating party, an October Thanksgiving Day dinner, and career-focused get-togethers. The university's ranks of Canadian alumni ensure you will have an active and growing network of people to meet and work with in your future career, too.

Says Laleh Hedayati, a recent Canadian graduate: "Leicester itself is small enough to travel through simply by walking — but with the shopping mall, market, and arts and cultural events that run almost every weekend in the city centre, it still has the feel of a big city."

It is also much cheaper to live in than London.

To learn more about the university, its admissions requirements, and the timetable for 2012, visit le.ac.uk/law/canada, or email law@le.ac.uk. Dr. Troy Lavers (a native of St. John's, N.L.) and Dr. David Mangan (a native of Ottawa) will be giving presentations on the LLB program in Toronto soon.

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CENTENNIAL COLLEGE

ATHABASCA UNIVERSITY PHOTO

PURSUING KNOWLEDGE

AT RENOVATED ATHABASCA LAB

Science has taken a new form at Athabasca University.

The newly renovated science lab will have even the maddest of scientists smiling.

"The newly expanded Robert Holmberg Science Laboratories at Athabasca University have finally opened access to research and teaching that significantly augment the practical and technological aspects of courses in the Bachelor of Science program," says Dr. Lisa Carter, dean, Faculty of Science and Technology at Athabasca University.

"The teaching space for students and research laboratories provides opportunities to use state-of-the-art precision equipment to facilitate various applications and activities."

The new labs are situated in Athabasca at the Athabasca University Central Campus and are ready for student use.

The labs were funded by the Knowledge Infrastructure Project, and contains interactive web and drawing space, using SMART technologies that can display such things as microscopic samples of bacteria, and audio-video manipulations, either live or obtained from the web.

The science laboratories comprise facilities that house the teaching of students and designated facilities for conducting research in areas in physics, geology, microbiology, biology and chemistry.

"With research laboratories in close proximity to teaching area, students have the added opportunity to experience hands-on experiences that enhance their learning experience," says Carter.

The laboratories are open to students, researchers and external agencies who are conducting work on the Athabasca River Basin.

For more information about Athabasca University, visit athabascau.ca.

– Candice Ward

HOME LAB KITS

For students who can't take advantage of the new state-of-the-art laboratories, you can have the lab come to you.

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ISTOCK

One individual's experience, related below, confirms two of my favourite rules in law: people get what they pay for, and clients hire lawyers to get better results than they could get for themselves.

An individual I met with last year decided that she would argue her case on her own instead of hiring me as her lawyer. This was against my advice since her case was not simple and her former employer was unwilling to settle.

She was not easily convinced. Relying on a free brochure provided by the government, stating that lawyers are not mandatory for small claims court matters, she figured she could win on her own.

The problem was that, unlike many small claims matters where a lawyer is unnecessary, her case was complex. Properly conducting her own trial was a difficult if not impossible task, a fact she either overlooked or chose to ignore.

Another reason she was dissuaded from hiring a lawyer was her fear of the costs. In her view, if she could obtain close to the same result that I could, then why pay for my time. However, this only made sense if she successfully settled or won her case — a point she completely disregarded when rejecting my offer to take on her matter.

Recently, she called me in a frenzy. She was on the verge of her trial and hoping that I would now take her case. No surprise there. Her employer was not prepared to settle, as I had predicted, and a pre-trial judge ordered her to retain a lawyer, since she was incapable of arguing her own case. What's worse is that she was also ordered to pay her employer's legal costs for the preliminary hearing, an unusual result, often reserved as a penalty.

The lesson here is as follows: the value lawyers' supply to their clients is challenged as often as the advice they provide. Sometimes it is for a good reason. Often it is not.

Had this individual heeded my advice, she could have been cashing settlement cheques by now rather than having to pay legal costs to her ex-employer.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

Did you have to leave High School before graduating?

If you left school for financial or social reasons you may now enter the University of Toronto through the Transitional Year Programme.

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4 SPORTS

Leafs preview

Toronto at Boston 7 p.m. (Sportsnet Ontario)

The Maple Leafs (32-33-8) host the Islanders (29-32-11) for their second game in two nights. Toronto lost 8-0 to Boston on Monday. The Islanders defeated Montreal 3-2 in a shootout on Saturday for their third win in the last 10 games. Al Montoya made 28 saves for the win in his first start since Feb. 20. John Tavares has five goals in his last five games and leads the Islanders with 70 points. Defenceman Mark Streit has reached 40 points for his fourth consecutive season.

THE CANADIAN PRESS

Peyton Manning, left, takes a tour with Denver Broncos executive John Elway, right, and coach John Fox on March 9. THE DENVER POST/THE ASSOCAITED PRESS

Manning picks the Broncos

NFL. Work underway on finalizing deal between former Colts QB and Denver

The Denver Broncos got their Man. Make that Peyton Manning.

Pending final contract negotiations, Manning will join John Elway's Broncos with hopes of winning another Super Bowl.

So much for Tebowmania.

Still to be decided is what happens to last season's quarterback sensation, Tim Tebow.

The Broncos and Manning agent Tom Condon spent Monday working out parameters of a deal expected to be worth about $95 million over five years after the NFL's only four-time MVP called Elway, the Broncos' revered QB-turned-executive, and told him he had decided to come to Denver.

Tennessee Titans owner Bud Adams also said Manning let him know that he had picked the Broncos. Adams released a statement Monday confirming the Titans were out of the running and later said to The Tennessean: "He called me himself and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers had been a finalist in the chase for Manning, who turns 36 on Saturday and missed all of 2011 because of multiple neck surgeries.

ESPN first reported the record-setting quarterback instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks after the Indianapolis Colts released him rather than pay a $28-million bonus.

"I think it's a great place for him," Broncos defensive end Robert Ayers said outside the Broncos' complex. "I don't think he made a bad decision. I think he made a great decision. Hopefully we can prove him right and hopefully we can win a lot of games here."

Despite being sidelined all of last season, Manning's success in the past — the Colts averaged a 12-4 record from 2001-10 — made him by far this off-season's top potential signing and perhaps the most desired free agent ever.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice-president of football operations.

THE ASSOCIATED PRESS

Analysis

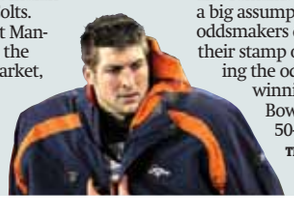
Opportunity trumps Tebowmania

The images were indelible for Denver fans or anyone watching on TV as Tebowmania swept the nation.

On the sidelines, Tim Tebow was Tebowing after scoring yet another late touchdown. In his box upstairs, John Elway was trying his best to look excited about a quarterback he could barely stand to watch.

It was a shotgun marriage from the beginning, this unlikely pairing of a Hall of Fame passer with a quarterback who never seems comfortable in the pocket. Now they are likely to divorce, because with Peyton Manning coming aboard there's going to be a different kind of mania sweeping the mile-high city.

For that, Bronco fans can thank the good people running the Indianapolis Colts. Without Manning on the open market, Elway likely would have been forced by popular demand to keep Tebow. Manning gave him an opening, and Elway reacted like the gambling quarterback he once was in landing the kind of quarterback he always wanted.



The move was brilliant, assuming Manning is healthy and remains healthy. That's a big assumption, but Vegas oddsmakers quickly gave it their stamp of approval, lowering the odds of the Broncos winning the Super Bowl from as high as 50-1 to 10-1.

THE ASSOCIATED PRESS

Baseball

Knee problems will likely send Utley back to DL

Chase Utley will likely start the season on the disabled list for the second straight year because of problems with both knees.

The five-time All-Star second baseman left camp to see a specialist, and it's uncertain when he'll be ready to play for the Philadelphia Phillies.

THE ASSOCIATED PRESS

Soccer

Bolton player Muamba shows signs of recovery

English soccer player Fabrice Muamba began breathing independently and responding to family members on Monday, showing significant signs of recovery in intensive care two days after suffering a cardiac arrest during a match.

The 23-year-old Bolton midfielder collapsed on the pitch just before halftime at Tottenham on Saturday. Initial attempts to resuscitate him were unsuccessful, and his heart started beating on its own again only later in the hospital.

THE ASSOCIATED PRESS

NHL

Preds GM expects Radulov soon

The Nashville Predators believe Alexander Radulov is ready to return to the NHL.

General manager David Poile released a statement Monday saying that "every indication" is that Radulov will rejoin the Predators in the "near future."

Radulov spent two seasons with the Predators before bolting to the newly formed KHL in 2008 even though he had one year remaining on his entry-level contract with Nashville.

THE ASSOCIATED PRESS

NFL

Panthers add a running back

The Carolina Panthers have added more depth to their already deep stable of running backs.

The Panthers announced Monday they've signed free agent Mike Tolbert from the San Diego Chargers.

THE ASSOCIATED PRESS

Calderon to face full workload in return to lineup

NBA. Raptors coach says point guard will play usual starter's minutes

There will be no easing back into things for Raptors point guard Jose Calderon.

In this craziest of NBA seasons — with rapid-fire games, no time to rest or practise — Calderon is likely to be back in the lineup for the Raptors on Tuesday and will hit the ground running.

Toronto begins another grind of four games in five nights with a visit to the New York Knicks and Calderon — fresh from missing five games with a sprained ankle — won't be coddled in his return.

"There's not going to be a minutes limitation on him; Andrea Bargnani's minute limitation is gone so both those guys are good to go," said coach Dwane Casey.

And Calderon will return to his usual spot in the starting lineup, even though Jerryd Bayless has filled in admirably.

But quite aside from the Basketball 101 issues of whether Calderon starts, who he plays with or how long he plays, his biggest challenge will be to deal with the mental toll such a schedule presents.

Playing becomes relatively easy if the mind is sharp and in focus; that's been an issue for the Raptors all season, and never more evident than when they caved in the third quarter of a game in Charlotte on Saturday, allowing the woeful Bobcats to take control and hang on to win.

This season — 66 games in 124 days — has been like none other and the lessons learned will be key.

"Even more than physically, it's mentally (being) ready every night.... I think it's going to be a good learning process for everything," said Calderon. "It's going to be good for us for the seasons ahead of us. It's not going to be harder than this one mentally and I'm not talking about losses or winning, it's to be ready to play every night with all these trips and flights and different hotels and everything."

TORSTAR NEWS SERVICE

Learning experience

"I think we've seen everything this year as far as close games, travel. Whatever the situation is, we've faced it and I just know our players will learn from it."

Raptors coach Dwane Casey on the condensed NBA schedule.

Jose Calderon models the Raptors Canadian Forces jersey in Toronto on Monday. The Raptors will debut the new uniforms on Wednesday against Chicago. DAVID COOPER/TORSTAR NEWS SERVICE

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d-NY Rangers	71	44	20	2	5	195	158	95	24-9-0-2	20-11-2-3	4-5-1-0	L2
d-Boston	72	42	27	1	2	236	178	87	22-13-1-1	20-14-0-1	4-6-0-0	W2
d-Florida	71	35	23	5	8	180	197	83	20-9-1-7	15-14-4-1	6-3-0-1	W4
Pittsburgh	71	44	21	3	3	231	180	94	24-8-2-0	20-13-1-3	9-0-1-0	L1
Philadelphia	72	42	22	2	6	231	204	92	19-10-1-4	23-12-1-2	8-1-0-1	W1
New Jersey	72	41	26	2	3	198	187	87	20-13-0-3	21-13-2-0	6-3-1-0	L1
Ottawa	73	37	26	6	4	221	213	84	19-14-2-2	18-12-4-2	5-3-0-2	L1
Washington	73	37	30	3	3	198	208	78	23-10-1-2	14-20-2-1	5-4-1-0	W1
Buffalo	73	34	29	4	6	187	207	78	18-11-3-5	16-18-1-1	6-2-0-2	W1
Winnipeg	72	34	30	4	4	192	203	76	23-11-1-3	11-19-3-1	5-4-0-1	L1
Carolina	73	29	29	9	6	194	217	73	18-13-1-5	11-16-8-1	5-3-2-0	W3
Toronto	73	32	33	4	4	208	227	72	16-13-3-3	16-20-1-1	3-6-0-1	L1
Tampa Bay	72	32	33	4	3	202	247	71	21-14-1-1	11-19-3-2	4-5-1-0	L3
NY Islanders	72	29	32	7	4	168	211	69	15-16-5-1	14-16-3-2	3-4-2-1	W1
Montreal	73	28	32	4	9	191	203	69	13-15-2-7	15-17-2-2	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	73	46	19	1	7	189	142	100	28-4-1-3	18-15-0-4	7-2-0-1	W1
d-Vancouver	71	43	20	1	7	223	180	94	21-10-0-4	22-10-1-2	4-4-1-1	W1
d-Dallas	72	39	28	1	4	189	192	83	20-13-0-3	19-15-1-1	7-2-0-1	L2
Nashville	72	42	22	3	5	206	186	92	23-8-2-3	19-14-1-2	6-3-0-1	W1
Detroit	73	44	25	2	2	224	179	92	28-5-1-1	16-20-1-1	3-6-1-0	L5
Chicago	73	40	25	4	4	222	212	88	25-7-1-4	15-18-3-0	7-2-0-1	W3
Phoenix	73	36	26	3	8	191	188	83	18-12-2-4	18-14-1-4	3-5-0-2	W1
Colorado	74	39	30	3	2	194	195	83	21-15-0-1	18-15-3-1	6-3-0-1	W1
San Jose	71	36	25	5	5	194	181	82	21-11-2-1	15-14-3-4	4-3-1-2	W2
Los Angeles	72	35	25	5	7	167	157	82	19-13-0-4	16-12-5-3	7-3-0-0	W3
Calgary	73	34	26	5	8	182	199	81	20-9-1-5	14-16-4-3	6-1-1-2	L2
Anaheim	73	30	32	5	6	180	203	71	19-16-2-0	11-16-3-6	3-6-1-0	L2
Minnesota	71	29	32	2	8	153	199	68	15-15-1-3	14-17-1-5	2-7-0-1	L3
Edmonton	72	28	36	3	5	190	213	64	18-15-2-3	10-21-1-2	3-5-1-1	L1
Columbus	72	23	42	2	5	166	231	53	13-20-1-2	10-22-1-3	5-5-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 8 Toronto 0
Buffalo 7 Tampa Bay 3
Washington 5 Detroit 3
New Jersey at N.Y. Rangers
Vancouver at Minnesota
Anaheim at San Jose
Sunday's results
Columbus 2 Calgary 1 (SO)
Phoenix 3 Edmonton 2 (SO)
Carolina 4 Winnipeg 3
Philadelphia 3 Pittsburgh 2 (OT)
Chicago 5 Washington 2
Nashville 3 Anaheim 1
Tonight's games
N.Y. Islanders at Toronto, 7 p.m.
Florida at Philadelphia, 7 p.m.
Winnipeg at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Calgary at Colorado, 9 p.m.
San Jose at Los Angeles, 10:30 p.m.
Tomorrow's games
Montreal at Buffalo, 7 p.m.
Florida at Carolina, 7 p.m.
Detroit at N.Y. Rangers, 7:30 p.m.
Vancouver at Chicago, 8 p.m.
St. Louis at Anaheim, 10 p.m.

BRUINS 8, MAPLE LEAFS 0

First Period
1. Boston, Kelly 18 (Pouliot) 2:25
2. Boston, Campbell 8 (Ference, Paille) 5:40
3. Boston, Pouliot 11 (Boychuk, Rolston) 10:58
4. Boston, Marchand 24 (Seguin, Seidenberg) 12:42 (pp)

Penalties — Rosehill Tor (roughing), Schenn Tor, Campbell Bos (fighting) 12:19, Komisarek Tor (fighting), Lucic Bos (roughing, fighting; served by Seguin) 13:10.

Second Period
5. Boston, Pouliot 12 (Rolston, Kelly) 2:31
6. Boston, Chara 10 (Rolston) 5:45 (pp)
7. Boston, Rolston 6 (Krejci, McQuaid) 19:25

Penalty — MacArthur Tor (holding) 5:01.

Third Period
8. Boston, Seguin 26 (Krejci, Lucic) 18:29

Penalty — Caron Bos (holding) 0:41.

Shots on goal by

Toronto	2	5	6	13
Boston	9	8	7	24

Goal (shots-saves) — Toronto: Reimer (L,13-13-4)(9-5), Gustavsson (12:42 first)(15-11); Boston: Thomas (W,31-18-0).

Power plays (goals-chances) — Toronto: 0-2; Boston: 2-2.

Attendance — 17,565 (17,565).

SUNDAY

HURRICANES 4, JETS 3

First Period
1. Carolina, Jokinen 11, 7:41 (sh)
2. Winnipeg, Antropov 13 (Stapleton, Stuart) 11:41

Penalties — Jokinen Car (slashing) 4:08, Joslin Car (cross-checking) 7:30, Allen Car (boarding) 8:05, Wheeler Wpg (hooking) 12:12, Burmistrov Wpg (boarding) 13:07, Kane Wpg (tripping) 17:49.

Second Period
3. Carolina, Staal 20 (Brent, Tlusty) 5:46 (pp)
4. Winnipeg, Miettinen 1 (Kane, Enstrom) 10:29 (pp)
5. Winnipeg, Miettinen 2 (Machacek) 18:54

Penalties — Stuart Wpg (interference) 5:21, Dwyer Car (high-sticking, fighting), Machacek Wpg (roughing, fighting) 6:09, Tlusty Car (hooking) 8:29, Bogosian Wpg (charging, game misconduct; served by Wellwood) 10:41, Ruutu Car (interference) 14:25.

Third Period
6. Carolina, Staal 21 (Jokinen) 10:24
7. Carolina, LaRose 17 (Staal, Jokinen) 18:38

Penalties — None.

Shots on goal by

Carolina	7	9	19	35
Winnipeg	12	7	14	33

Goal — Carolina: Ward (W,26-21-12); Winnipeg: Pavelec (L,27-24-7). **Power plays (goals-chances)** — Carolina: 1-5; Winnipeg: 0-5.

Attendance — 15,004 (15,004).

COYOTES 3, OILERS 2 (SO)

First Period
No Scoring.

Penalties — Yandle Phx, Petrell Edm (fighting) 1:25, Jones Edm (roughing) 4:29, Hanzal Pho (holding the stick) 5:40.

Second Period
1. Edmonton, Eberle 32 (Jones) 6:53
2. Edmonton, Hemsky 6 (Petry, Smid) 7:26

Penalties — None.

Third Period
3. Phoenix, Whitney 22, 7:58
4. Phoenix, Torres 14 (Brule) 17:37

Penalties — None.

Overtime
No Scoring.
Missed penalty shot — Yandle Phx, 2:42.

Penalty — Yandle Phx (kneeing) 0:27, Petry Edm (hooking) 4:21.

Shootout
Phoenix wins 2-1
Phoenix (2) — Boedker, goal; Whitney, goal.
Edmonton (1) — Eberle, miss; Gagner, goal; Nugent-Hopkins, miss.

Shots on goal by

Phoenix	12	12	12	6—42
Edmonton	9	16	12	1—38

Goal — Phoenix: Smith (W,32-18-8); Edmonton: Dubnyk (L,16-17-2). **Power plays (goals-chances)** — Phoenix: 0-2; Edmonton: 0-2.

Attendance — 16,839 (16,839).

BLUE JACKETS 2, FLAMES 1 (SO)

First Period
1. Columbus, Nikitin 5 (Lebda, Boyce) 13:03

Penalties — Giordano Cal (hooking) 7:32, Boll Clb, Desbiens Cal (fighting) 13:10, Moore Clb (hooking) 16:35.

Second Period
No Scoring.

Penalties — Boll Clb (illegal check to head) 6:31, J.Johnson Clb (hooking) 15:42.

Third Period
2. Calgary, Stajan 7 (Glencross, Comeau) 8:34

Penalties — Columbus bench (too many men; served by Prospal) 2:18, Glencross Cal (slashing) 3:45, Dorsett Clb (interference), Glencross Cal (high-sticking) 6:13.

Overtime
No Scoring.

Penalties — None.

Shootout
Columbus wins 1-0
Columbus (1) — Nash, miss; Letestu, miss; J.Johnson, miss; Atkinson, goal.
Calgary (0) — Tanguay, miss; Jokinen, miss, Glencross, miss; Iginla, miss.

Shots on goal by

Columbus	5	3	9	1—18
Calgary	7	16	6	2—31

Goal (shots-saves) — Columbus: Sanford (2-2), Mason (W,12-23-3)(14:37 first, 29-28); Calgary: Kiprusoff (L,31-19-9).

Power plays (goals-chances) — Columbus: 0-2; Calgary: 0-4.

Attendance — 19,289 (19,289).

MLB

SPRING TRAINING

Yesterday's results
St. Louis 4, Atlanta 3
Houston 7, Miami 4
Philadelphia 4, Detroit 3
Minnesota 8, Boston 4
Chicago Cubs 12, Seattle 7
Cleveland 4, L.A. Dodgers 3
Oakland 6, Arizona 5
Cincinnati 1, Chicago White Sox 0
Milwaukee 5, Texas 3
Colorado 4, L.A. Angels 3
Today's games
All times Eastern
Atlanta vs. Detroit at Lakeland, Fla., 1:05 p.m.
St. Louis vs. Houston at Kissimmee, Fla., 1:05 p.m.
Tampa Bay vs. Miami at Jupiter, Fla., 1:05 p.m.
Philadelphia vs. Baltimore at Sarasota, Fla., 1:05 p.m.
L.A. Angels vs. Kansas City at Surprise, Ariz., 4:05 p.m.
Seattle vs. Cincinnati at Goodyear, Ariz., 4:05 p.m.
Milwaukee vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Chicago Cubs (ss) vs. Oakland at Phoenix, 4:05 p.m.
Texas vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.
San Francisco vs. Arizona at Scottsdale, Ariz., 4:10 p.m.
Washington vs. N.Y. Mets at Port St. Lucie, Fla., 6:10 p.m.
Pittsburgh vs. N.Y. Yankees at Tampa, Fla., 7:05 p.m.
Toronto vs. Boston at Fort Myers, Fla., 7:05 p.m.
Colorado vs. San Diego at Peoria, Ariz., 10:05 p.m.

SOCCER

MLS

Sunday's results
Colorado 2, Philadelphia 1
Los Angeles 3, D.C. United 1
Friday, March 23
All times Eastern
Houston at Seattle FC, 10 p.m.
Saturday, March 24
San Jose at Toronto FC, 1 p.m.
Portland at New England, 4 p.m.
Montreal at Columbus, 4 p.m.
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Real Salt Lake, 9 p.m.
D.C. United at Vancouver, 10 p.m.
Sunday, March 25
Colorado at New York, 4 p.m.
FC Dallas at Sporting Kansas City, 7 p.m.

SPAIN

PRIMERA DIVISIÓN

Yesterday's result
Espanyol 3 Racing Santander 1

ITALY

SERIE A

Yesterday's result
Roma 1, Genoa 0

PORTUGAL

Yesterday's result
Gil Vicente 2, Sporting Lisbon 0

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	37	10	.787	—
d-Miami	33	11	.750	2½
Orlando	29	17	.630	7½
d-Philadelphia	26	20	.565	10½
Indiana	25	18	.581	10
Atlanta	26	19	.578	10
Boston	23	21	.523	12½
New York	21	24	.467	15
Milwaukee	20	24	.455	15½
Cleveland	17	26	.395	18
Detroit	16	29	.356	20
Toronto	15	30	.333	21
New Jersey	15	32	.319	22
Washington	10	34	.227	25½
Charlotte	7	37	.159	28½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	34	11	.756	—
d-San Antonio	29	14	.674	4
d-L.A. Lakers	28	17	.622	6
L.A. Clippers	26	18	.591	7½
Memphis	25	18	.581	8
Dallas	26	20	.565	8½
Denver	25	20	.556	9
Houston	24	22	.522	10½
Phoenix	23	22	.511	11
Utah	23	22	.511	11
Minnesota	22	24	.478	12½
Portland	21	24	.467	13
Golden State	18	24	.429	14½
Sacramento	16	29	.356	18
New Orleans	11	34	.244	23

d-division leader
Last night's results
Philadelphia 105, Charlotte 80
Cleveland 105, New Jersey 100
Boston at Atlanta
Chicago at Orlando
Minnesota at Golden State
Dallas at Denver
Sunday's results
Atlanta 103, Cleveland 87
L.A. Clippers 87, Detroit 83, OT
Sacramento 115, Minnesota 99
Memphis 97, Washington 92
Miami 91, Orlando 81
Phoenix 99, Houston 86
Utah 103, L.A. Lakers 99
Oklahoma City 111, Portland 95
Tonight's games
All times Eastern
L.A. Clippers at Indiana, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Toronto at New York, 7:30 p.m.
L.A. Lakers at Houston, 8 p.m.
Oklahoma City at Utah, 9 p.m.
Memphis at Sacramento, 10 p.m.
Milwaukee at Portland, 10 p.m.

LACROSSE

NLL

WEEK 12
Friday, Mar. 23
Philadelphia at Colorado, 9 p.m.
Saturday, Mar. 24
Toronto at Rochester, 7:30 p.m.
Buffalo at Calgary, 9 p.m.
Washington at Edmonton, 9 p.m.
Sunday, March 25
Colorado at Philadelphia, 4 p.m.
Minnesota at Washington, 8 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Reassigned RHP Will Inman to their minor league camp.
MINNESOTA TWINS—Optioned RHP Carlos Gutierrez, OF Rene Tosoni and INF Tsuyoshi Nishioka to Rochester (IL). Assigned RHP Jason Bulger, RHP Luis Perdomo, RHP Daryl Thompson, RHP Esmerling Vasquez, RHP P.J. Walters, C Chris Herrmann, C Dan Rohlfing, INF Aaron Bates and OF Wilkin Ramirez to their minor league camp.

NATIONAL LEAGUE

COLORADO ROCKIES—Optioned LHP Christian Friedrich and INF D.J. LeMahieu to their minor league camp. Assigned RHP Rob Scahill and RHP Josh Sullivan to their minor league camp. Announced OF Jamie Hoffman refused hit outright assignment and elected free agency.

FOOTBALL

NFL

ARIZONA CARDINALS—Released G Rex Hadnot and WR Chansi Stuckey.
BUFFALO BILLS—Re-signed WR Derek Hagan.
CAROLINA PANTHERS—Signed RB Mike Tolbert to a four-year contract.
CINCINNATI BENGALS—Re-signed S Reggie Nelson and CB Jason Allen.
DALLAS COWBOYS—Released G Kyle Kosier.
DENVER BRONCOS—Signed LB Joe Mays to a three-year contract.
DETROIT LIONS—Re-signed P Ben Graham to a one-year contract.
INDIANAPOLIS COLTS—Signed OL Mike McGlynn.
KANSAS CITY CHIEFS—Signed QB Brady Quinn and OT Eric Winston.
NEW ENGLAND PATRIOTS—Signed DE Trevor Scott and CB Marquice Cole.
NEW YORK GIANTS—Signed P Steve Weatherford to a five-year contract.
NEW YORK JETS—Signed S LaRon Landry to a one-year contract.
PHILADELPHIA EAGLES—Signed G-C Mike Gibson to a two-year contract and C-G Steve Vallos to a one-year contract.
TAMPA BAY BUCCANEERS—Announced DL Michael Bennett signed his tender offer.

HOCKEY

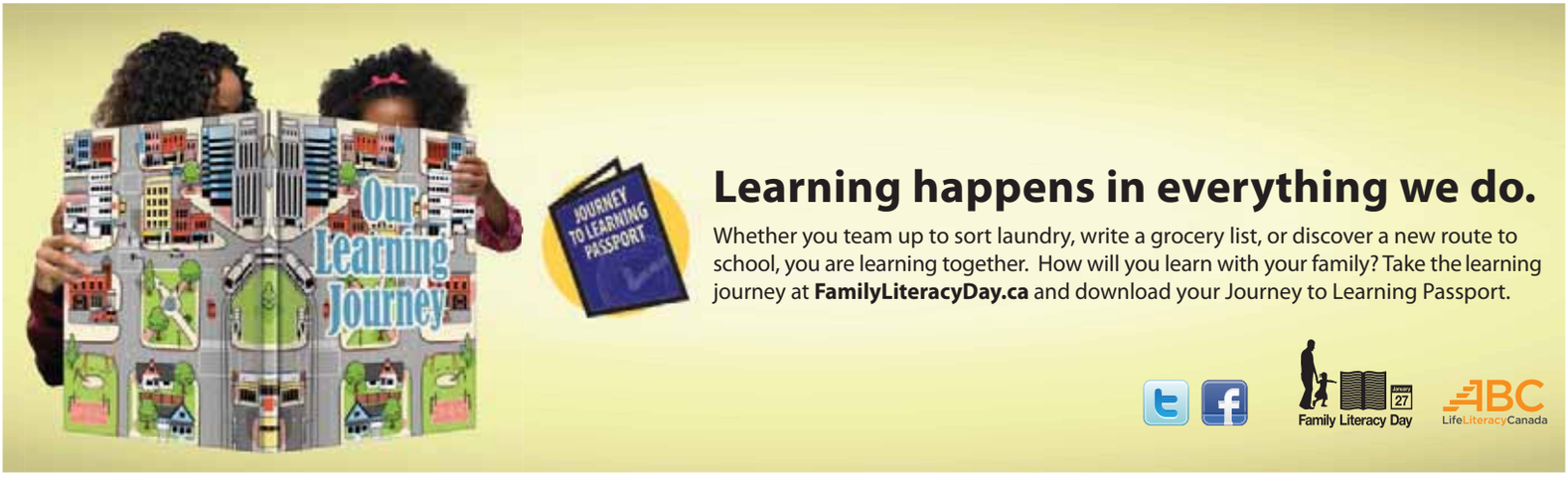
NHL

CHICAGO BLACKHAWKS—Agreed to terms with F Terry Broadhurst on a two-year contract.
DETROIT RED WINGS—Reassigned RW Andrej Nestrasil to Grand Rapids from Toledo (ECHL).
NEW JERSEY DEVILS—Signed G Scott Wedgewood.
TAMPA BAY LIGHTNING—Signed G Sebastien Caron to a one-year contract and F Alex Killorn to a two-year contract. Recalled F Pierre-Cedric Labrie from Norfolf (AHL). Released F Bryan Brutlag.

SOCCER

MLS

NEW YORK RED BULLS—Signed MF Ryan Maduro.
SPORTING KANSAS CITY—Signed D Shawn Singh.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Leafs hit a new low with Boston blowout

NHL. 'It's unacceptable and it has to change' says Komisarek after 8-0 loss to Bruins

There's an etching on the sidewalk on State Street, about two kilometres from the TD Garden, that marks the site of the Boston Massacre.

They might want to think about putting another one on the TD Garden ice surface, at least when the Maple Leafs play the Bruins.

The Leafs, to put it simply, are hopeless in Boston. And Leaf playoff hopes were simply massacred on Monday night. The Bruins got four goals in the first 12 minutes, a shattered James Reimer was lifted from the game and Boston skated off with an 8-0 win over Toronto.

Yes. Eight to nothing.

In fact, by the end of the second period, the Bruins had seven goals while the Leafs had managed seven shots.

"It's embarrassing," said defenceman Mike Komisarek. "It's unacceptable and it has to change."

Brian Rolston had a goal and three assists, tying a career-high for most points in a game. Benoit Pouliot had two goals and an assist.

Only three Leafs remained unscathed as far as plus-minus went.

In a refreshing change from what former coach Ron Wilson might have said, new coach Randy Carlyle took the blame for the loss.

"As a coaching staff, we have to take responsibility, because we didn't prepare the hockey team properly to go out and compete," said Carlyle. "When you start from the puck drop, you turn it over from the very first shift, and it just led to one mistake after another, and it seemed like we were playing our boots and they were playing in their skates.

"We (coaches) have to look at the things we did and the changes that we can make and what we have to do to stimulate this group to play to a higher level than it did tonight."

The Bruins won all six meetings against Toronto this season. TORSTAR NEWS SERVICE

Boston's Brad Marchand celebrates his first-period goal against James Reimer with teammate Patrice Bergeron. BRUCE BENNETT/GETTY IMAGES

Historic failure

1987

To find the last time the Leafs were down by seven or more by the end of the second period, you have to go all the way back to 1987 when Wayne Gretzky had a goal and four assists as Edmonton led 8-0 through two periods.

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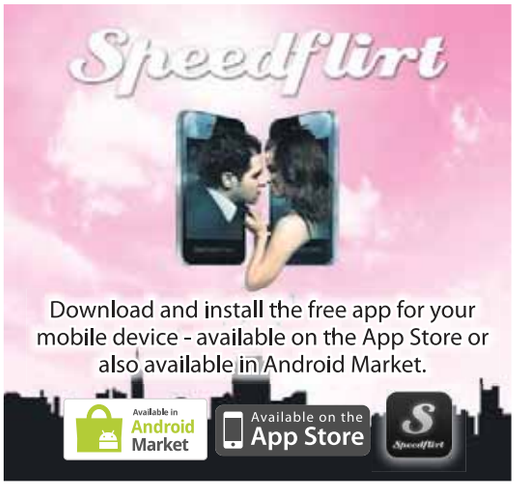
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Read metro work every Monday & Wednesday.

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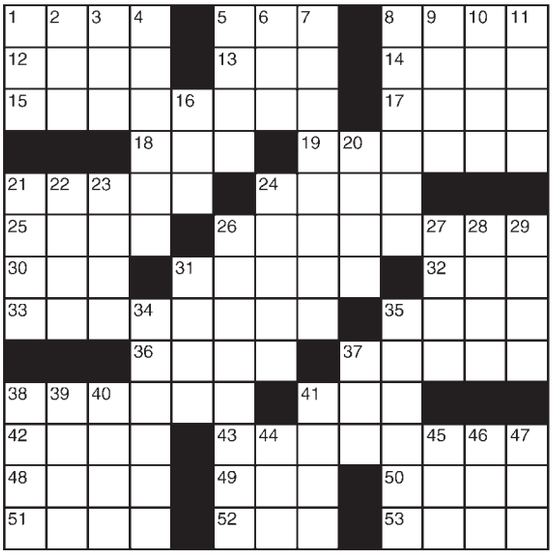
Crossword



Across

1 Tire-changing aid
5 Spring mo.
8 Got bigger
12 Shaving cream additive
13 Fish eggs
14 Greek vowel
15 Fundraising events
17 Toe woe
18 Shell game item
19 Make money (from)
21 Ill-tempered one
24 "Groovy!"
25 Go sightseeing
26 Try to touch your toes, maybe
30 Blackbird
31 Logic
32 Raw rock
33 Sodium — (food preservative)
35 Tarzan's transport
36 Not all mine
37 "America's Next Top —"
38 Man's hat style
41 It's between jay and el
42 Egg
43 C-note
48 Toll road
49 CSA leader
50 Fence opening
51 Coaster
52 — out a living
53 Formerly, formerly

Down

1 Poke
2 Brewery product
3 Opposed to
4 Big enough fish, maybe
5 Met melody
6 Cauldron
7 Answer
8 Male escort
9 Santa's runway
10 Needle case
11 1/746 horsepower
16 Not many
20 Took the train
21 Impale
22 Sharpen
23 Destroy
24 Small change
26 Not too bad
27 Null partner
28 Sea eagle
29 Spool
31 Tart to the taste
34 Sped
35 Trip
37 Army rank (Abbr.)
38 Dandies
39 Satanic
40 Carolina campus
41 Dandling site
44 "A mouse!"
45 Scratch the surface
46 "— Impossible"
47 Butterfly catcher

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

A	P	P		C	R	A	M	S		P	A	R		
S	E	E		H	E	L	O	T		A	R	E		
P	A	N	T	O	M	I	M	E		N	I	L		
			O	R	O		M	A	Y	D	A	Y		
M	U	P	P	E	T		A	L	O	E				
I	R	A		S	E	A		S	U	R	G	E		
C	A	N	S		S	I	R		R	I	L	L		
A	L	O	H	A		M	O	B		N	U	S		
		R	E	D	O		B	U	N	G	E	E		
S	L	A	L	O	M		B	R	A					
H	A	M		P	A	N	E	G	Y	R	I	C		
O	V	A		T	H	E	R	E		E	V	A		
P	A	S		S	A	T	Y	R		D	E	B		

Sudoku

		4		3	9			
		1	6			4		
			7				2	6
		9	3			2		5
	3						1	
4		8			5	7		
6	1				7			
		5			6	8		
			9	1		6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

8	7	1	4	2	3	9	6	5
3	2	6	9	7	5	1	4	8
9	5	4	6	8	1	3	2	7
4	6	2	3	5	8	7	1	9
7	3	8	2	1	9	6	5	4
1	9	5	7	6	4	8	3	2
5	4	3	1	9	7	2	8	6
2	8	7	5	3	6	4	9	1
6	1	9	8	4	2	5	7	3

Send a kiss

- **My Angel** Remember every time your gaze at the beautiful stars, that I am as well. And every time I do, I'm thinking of you. We used to dance in a gazebo by the ocean to our favourite tunes. I miss your touch and your love. I'm forever with you in my heart. From Tristan
- **mylizz** This time its all my swag out the window! Don't you ever think about us with warm memories? Remember when you put your arms around me as I played 'fast car' for you?, or when we were so taken with each other we missed our stop and ended up on the other side of the city? Or our hair freezing on our way to Boom after a hot shower :P?! I just can't shake it all! Can you? I need closure, one more day, one more night with you! From hopelessly hoping
- **To:Strange-I dont Understand.** I may know the answer to your questions, if you're looking for me of course... which seems so unprobable..but I posted something on here thursday. Is it a White Honda Civic and today was a nice day for a walk. From Just a guy

Today 21°/13° Partly cloudy
Wednesday 26°/15° Partly cloudy
Know what the weather will be 14 days from now. Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. With the Sun moving into your birth sign this is the perfect time to let go of all those things that are holding you back.

Taurus | April 21 - May 21. You will find yourself up against someone today who is at best unhelpful and at worst downright hostile.

Gemini | May 22 - June 20. You may not be able to get your own way today but is that really a bad thing?

Cancer | June 21 - July 22. You are determined to prove yourself, and you will.

Leo | July 23 - Aug. 22. The Sun moves in your favour today, making it easier to develop your own ideas and your own way of doing things.

Virgo | Aug. 23 - Sept. 22. Don't take anything on trust. Sometimes, like now, it can pay to be a bit suspicious.

Libra | Sept. 23 - Oct. 22. The effort you have put into a project of some kind has not been wasted.

Scorpio | Oct. 23 - Nov. 21. By all means set yourself a new target today but don't make it so way out there that failure is more likely than not.

Sagittarius | Nov. 22 - Dec. 21. If you are too critical of a friend or colleague today you might turn them against you, so keep that wagging Sag tongue of yours under control!

Capricorn | Dec. 22 - Jan 20. If you find yourself at odds with someone you live or work with today it might be best to back off and let them have the last word.

Aquarius | Jan. 21 - Feb 18. If someone offers to do you a favour today make sure you know what they expect of you in return.

Pisces | Feb. 19 - March 20. If you get the chance to make some money in a way that is not entirely in line with your principles you would be wise to turn it down. There are many ways to be rich.

SALLY BROMPTON

Caption Contest

"Hey look!! I'm air planking!!"
Diana

DARKO BANDIC/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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